

ENGLAND'S

Newest way in all sorts of

COOKERY, PASTRY,

AND

All PICKLES that are fit to be Used.

Adorn'd with Copper Plates, setting forth the
Manner of placing Dishes upon Tables; And
the Newest Fashions of Mince-Pies.

By **HENRY HOWARD**,
Free-Cook of *London*, and late Cook to his
Grace the Duke of *Ormond*, and since to the
Earl of *Salisbury*, and Earl of *Winchelsea*.

LIKEWISE

The Best Receipts for making Cakes, Mackroons,
Biskets, Ginger-bread, French-bread: As also
for Preserving, Conserving, Candying and Dry-
ing Fruits, Confectioning and making of Creams,
Syllabubs, and Marmalades of several sorts.

The Fourth Edition, with Additions of Beau-
tifying-Waters, and other Curiosities.

As also, to this Edition, above Fifty new Receipts
are added, never before Printed, which renders
the whole Work compleat.

L O N D O N,

Printed for and Sold by *Chr. Coningsby*, at the
Ink-bottle against *Clifford's-Inn-Gate*, in *Fetter-*
lane, *Fleetstreet*, 1717.

THE
COUNTY OF
ALBANY
IN SENATE
JANUARY 1862
REPORT
OF THE
COMMISSIONER
OF THE
LAND OFFICE
IN RESPONSE
TO A RESOLUTION
PASSED BY THE
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THE
BOOKSELLER
TO THE
READER.

THis small Treatise having met with such Reception and Encouragement, that Three Impressions of it have gone off within the Space of a few Years; I have made it my particular Care and Study to find out such other Receipts excellent in their Kind, as may tend to the further Improvement of those that are curious in the necessary and commendable Art of Cookery. An Art, which for the Variety of Subjects it is concern'd in, the many various Shapes it appears in, insinuating it self to almost every one of our Senses at one and the same Time, administering

To the Reader.

Delight with Profit, and for the Honour it has to be imployed in the Service of Persons of the First Rank and Quality, is little inferior to any other Art whatsoever.

Besides these, I have here added for the sake of that better Part of Mankind, the Fair Sex, several choice Receipts for making Beautifying-Waters, Oils, Ointments, and Powders, to render the Features of a Face more lively, its Complexion clear and beautiful; and to cleanse it from Morpheus, Pimples, Sun burn and Freckles: That they may be enabled to assist themselves on all necessary Occasions, without having Recourse to idle prating Gossips, or other quack Pretenders; who with Mercurial Fucus's cheat them of their Beauty as well as Money.

The Receipts you find added in this Edition are singularly good in their Respective Kinds, extracted out of Choice
Many.

To the Reader.

Manuscripts of several Ladies who were particularly excellent in Cookery, and Beautifying the Face. As for those in the former Edition, I need not say much, the Name of the Author, Mr. Howard, is a sufficient Character for them, besides the speedy Vent of Three Impressions. The Book is not stufft with a Multitude of insignificant Receipts to make it bulky, that was beyond my intent, which was not to appear great, but to please and profit; and by these New Additions, to express my grateful Respects for the kind Reception the former Impressions met with, have therefore taken care that the Receipts be rather good than many.

Every particular Art hath its proper Terms and certain Rules and Methods, which through disuse are easily lost and forgot. The Memory, like polish'd Steel, the more it is used, the brighter the Reflection,

To the Reader.

lection, but neglected, rusts and dulls. This Manual therefore will be a necessary Companion to several Persons to refresh their Memories of those Excellent Things which they shall at any time happen to forget, as well as to present such Rarities of Art to them, as they were never before acquainted with. An Alphabetical Table methodically digested at one easie View, readily presents the Readers with the valuable Contents, and directs them to the Pages. I shall add no more, but humbly submit my self, and the Book to the Candid Judgment of the Judicious Artists.

Chr. Coningsby.

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ENGLAND's

ENGLAND's

Newest Way of

COOKERY.

Of Puddings.

1. Italian Pudding.

TAKE a Pint of Cream, a penny white Loaf, ten Eggs, a beaten Nutmeg; butter the Bottom of your Dish, and round the Sides: Then cut twelve Pippins in round Slices, and lay in the Bottom; throw a little Orange-peel over them, and some fine Sugar; pour half a Pint of Claret over them, and then the Pudding; make Puff-paste over it, and it will be baked in half an Hour; lay the Paste round the Sides of your Dish.

2. *Pippin Pudding.*

Take twelve Pippins, boil them tender, and scrape them clean from the Core, and put in a Pint of Cream, season'd with Orange-flower, or Rose-water and Sugar to your Taste; and put good Puff-paste in your Dish; bake it in a slack Oven, grate Loaf-sugar over, and send it.

3. *Orange Pudding.*

Take two right Sevil Oranges; take off a little of the out-side Rind, and squeeze out the Juice and Seeds, lay them in Water three Days, shifting the Water every day: Then set on a Pot of Water, make it boil, and put them in a Mortar, and beat them into a Paste; then put in double their Weight of double refined Sugar, eight Eggs, leave out half the Whites; then boil a Pint of Cream, set it to be cold, and put them in with three or four spoonfuls of Sack; grate the quantity of a Half-penny Roll, and put in, with half a pound of sweet Butter melted, sweeten it to your Taste, and put it into a Dish with Puff-paste round it, and it will require no more baking than a Custard.

4. *Carrot Pudding.*

Take a large Carrot, boil it tender; then set it by to be cold, and grate it through a Hair Sieve very fine; then put in half a pound
of



of melted Butter, beaten together, with eight Eggs; leave out half the Whites, with two or three Spoonfuls of Sack, or Orange-flower-water, half a Pint of good thick Cream, a Nutmeg, grated Bread, and a little Salt: Make it the thickness of the Orange Pudding, and the same baking; sweeten it to your Taste with fine Sugar, make Puff-paste, grate Sugar over it, and send it.

5. Oat-meal Pudding.

Take a Pint of fine Oat-meal, boil it in New Milk and Cream, a little Cinnamon and Nutmeg, and beaten Mace, and when it is about the thickness of a Hasty-pudding, take it off, and stir in half a pound of sweet Butter, and eight Eggs (leave out half the Whites) very well beaten, and put in two or three Spoonfuls of Sack, and make Puff-paste, and lay round your Dish, and butter it very well, and bake it, but not too much; send it.

6. Rice Pudding.

Take half a pound of Rice, boil it in New Milk till it is soft and tender; then set it by to be cold, and cover it close; then grate one Nutmeg, one Penny-worth of Mace beaten, ten Eggs, leave out half the Whites, with two or three Spoonfuls of Sack, or Orange-flower-water, a Pint of Cream; sweeten it to your Taste with good fine Sugar,

melt a pound of fresh Butter, and mix all these together with the Rice, when cold; then shread a quarter of a pound of Mutton or Beef-suet, strow it a Top, and it will make it look with an Icen; then make Puff-paste and lay in the bottom of your Dish, and three quarters of a pound of Currans will do for this quantity, plump your Currans before you put them in; but it is genteeler without Currans; strow Sugar over it, and send it to your Ladiships Table for a Pudding that I like.

7. Marrow Pudding.

Take a Quart of Cream, and boil it with a Blade of Mace, set it to be cold a little: Then beat ten Eggs, leaving out half the Whites, and put to your Cream; then cut a penny Loaf into slices, and lay a Layer of Bread, and a Layer of Marrow with a few Raisins of the Sun; and so do till you have laid out your penny Loaf, and three quarters of a pound of Marrow: Then sweeten your Cream and Eggs, and put in two spoonfuls of Orange-flower-water; pour it over your Bread with a thin Puff-paste in the bottom, and round the sides of your Dish; send it.

8. Excellent Pudding.

Take a Quart of Cream, boil it with two Manchets, and grate in one Nutmeg, six Yolks and four Whites of Eggs well beaten,
with

with your Bread and Cream at least half an Hour together; then put into it a pound of Beef-suet finely minced, half a pound of Sugar, a little Salt, bake it three quarters of an Hour in a quick Oven, the same way boiled without Suet as long, is as good.

9. Good Pudding.

Take a penny white Loaf, pare off all the Crust, and slice it thin into a Dish with a Quart of Cream, set it over a Chaffin-dish of Coals, till the Bread be almost dry; then put in a piece of sweet Butter, and take it off and let it stand to be cold; then take the Yolks of three Eggs, the White of one with a little Rose-water, Sugar and Nutmeg; stir them very well together; then put it in another Dish, butter it, and when it comes out of the Oven, grate over it fine Sugar; send it.

10. Good Pudding.

Take grated Bread, as much Flour; then take four Eggs, two Whites, a good quantity of Sugar, wet it with Cream to the thickness of Pancake-batter; then put in some Raisins of the Sun, and butter your Dish very well, and bake it half an Hour, strow over it grated Sugar, and send it to the Table.

11. *Good Pudding.*

Take a Quart of Cream, put to it a pound of Beef-suet cut small, season it with Nutmeg, Rose-water and Sugar: Then grate two Manchets, and beat seven Eggs, put in half a pound of Currans; mingle all these well together, butter the Dish, and bake it not too much; grate Sugar over it.

12. *Green Pudding.*

Take some boiled Mutton minced, with Beef-suet shreded, a little Thime, Marjoram and Parsly, and a handful of Spinage; then mix all these together with a little grated Bread, and three Yolks of Eggs, some Cream, Sugar and Nutmeg, Currans, and a little Flour; then rowl it up in a Sheep's Caul; bake and send it.

13. *Calves-Foot Pudding.*

Boil two pair of Calves-feet very tender, and set them by to be cold; then cut the Meat off and mince it very small; then slice a penny Loaf and scald a Pint of Cream, shred six Ounces of Beef-suet very fine, with five Yolks and two Whites of Eggs well beaten, a good handful of Currans, Nutmeg, Sugar and Salt; then fold a Caul of a breast of Veal like a sheet of Paper, leaving one end open, fill it with the Pudding, and a good quantity of Marrow, sow it up
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in a Cloth and boil it almost two Hours; then take it up and lay it on Sippets with Verjuice, Butter and Sugar, stick it with blanced Almonds, Orange and Citron-peel; you may put in Sack instead of Verjuice if you please.

14. *Puddings to boil Chickens or Pigeons with.*

Take the Flesh of a Rabbet, or the Wing of a Capon, for want of these a piece of Veal or Lamb with the Kidney-fat, or Marrow-suet, or both, as much Meat as Suet; shred them as small as you can with Parsley, Time, Savory, and Marjoram, season it with Cloves, Mace, a little Salt, and put to it three spoonfuls of grated Bread, mingle them with Cream and the Yolk of an Egg; then pare the Flesh with your Fingers from the Legs and Necks, and put in some of the Pudding, fill them not too full lest they should break in boiling; then boil them in Milk and Water with a bunch of sweet Herbs, and a blade of Mace, and a little Salt; then beat some Butter with the Juice of an Orange with the Butter; send it.

15. *A Cabbage Pudding.*

Take half a pound of Veal, shred it with two pound of Suet very small, grate two Nutmegs with a pretty quantity of Pepper and Salt; then take Cabbage half boiled as much as will lie on a Sawcer; then take se-

ven Eggs beaten very well, and mingle up altogether like a Pudding; then put it in a Cloth, boil it well, and send it up.

16. *Quaking Pudding.*

Take a Pint of very thick Cream, eight Yolks of Eggs and two Whites, beat them very well with a little Rose-water, mingle the Eggs with the Cream, then grate in some Nutmeg, sweeten it to your Taste, and flower a Bag very well, put it in and tye it fast, and so put it into a Pot of boiling Water, and keep it boiling continually; and when it is boiled enough turn it out of the Bag, and make your Sauce of Sack, Butter and Sugar, and pour all over it with Orange, Limon, and Citron-peel; cut them thin, with Almonds blanched and cut in little Pieces, and stuck upon it.

17. *Baking Pudding of Almonds.*

Take a Pint of Cream, boil it with a blade of Mace, strow it over with some beaten Almonds, a little Orange-flower or Rose-water; then take four Eggs, leave out two Whites, strain the Cream, Eggs and Almonds together; then take some Sugar and sweeten it, and thicken it with grated Bread or Bisket; then take a Cloath and rub it with Flour, and tye it up and dip it into Rose-water; then boil it, and when it is boiled eat it with Butter, Sugar and White-Wine, stick it with blanched Almonds; send it.

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18. *Almond Pudding.*

Take a Quart of Cream, two Eggs, beat them and strain them into the Cream, and grate in a Nutmeg and a penny-Loaf, six spoonfuls of Flour, half a pound of Almonds beaten fine together, mix them and sweeten it with good fine Sugar; then flower the Bag and boil it, and when it is boiled enough melt Butter with a little Orange-flower, or Rose-water beaten thick with a little Sack, and pour it on the Pudding, and stick it with blanched Almonds; send it.

19. *Almond Pudding.*

Take two Loaves of white Bread grated very fine, put to it four Yolks of Eggs, and half a Pint of Cream, and a quarter of a pound of blanched Almonds beaten very fine in a Mortar, with two or three spoonfuls of Sack or Orange-flower-water, some Marrow and Beef-suet cut small, a little Nutmeg, and sweeten it to your Taste; then tie it up in a Pudding-Cloth and boil it; then send it.

20. *Hasty-Pudding.*

Take a Pint of Milk and put to it a handful of Raisins of the Sun, as many Currans; then take a Manchet, grate it, and put in a little Flour and Nutmeg, and let it boil a quarter of an Hour; then put in a piece of Butter in the boiling, and dish it with pieces
of

of Butter laid up and down upon it, then send it to the Table.

21. *Almond Pudding in Guts.*

Take a pound of Almonds, beat them with Orange-flower-water to prevent their Oyl-ing; then take twelve Eggs with half their Whites, a little Salt, four Nutmegs, beat them together with two pound of Beef-suet finely shreded; then take one pound and an half of Sugar, and eight penny Loaves finely grated and searced with half a Pint of Orange-flower-water, and a Pint of Cream: When you have mixed these together fill the Guts, but not too full lest they should break. Dip the Guts in Rose-water when you fill them, and Marrow is better than Suet if you have it, then boil them not too long.

22. *White Pudding.*

Beat half a pound of Almonds with Rose-water very fine; then take as much Ox-pith out of the Skin, and beat with the Almonds; then boil a Quart of Cream, and beat some of it with the Pith and Almonds a while; then put in two grated Nutmegs, and grate two Naple-biskets, and a Grain of Musk and two of Amber-grease, and grind it with the Sugar before you mix them with the things: Put in ten Eggs, leave out four Whites, with the Marrow of three or four bones cut pretty big, a pound of Sugar, some candied Citron
cut

cut small, and boil them enough; set them by for use.

23. *White Puddings.*

Take a pound of Naple-bisket, cut it into pieces, and grate a penny Loaf; then boil a Quart of Cream and put to the Bisket and Bread to swell them; take a pound of blanched Almonds, beat them small; then take two or three spoonfuls of Orange-flower or Rose-water to keep them from Oyling: Put in eight Eggs, leave out four Whites, with some beaten Nutmeg and Mace, the Marrow of eight Bones, half of it cut small, and the other half in pretty pieces to put in as you fill them; then cut in some Citron and a little Amber-grease, a little Salt, fill them but not too full; give scope enough, sweeten them with good fine Sugar, and Bullocks is best to fill them dipt in Rose-water.

24. *Black Puddings.*

Take a Pint of Oat-meal, and put to it eight Pints of New Milk, steep it all Night, or boil it to the thickness of Pudding; then put to it eight Pints of grated Bread and four Eggs, a little Salt, and a little Cloves and Mace, some Sage and Pennyroyal, some sweet Herbs, mix them together well: Then take a Pint and half of Blood, and strain it into it, and if it be not soft enough put in some more Milk into it with half a pound of Beef-suet

suet finely shredded : Cut one pound and an half of Lard into long Pieces ; then fill them and give them one boil ; then take them up, and with a Pin prick them to give them vent ; then put them in and boil them till they are full enough, and you may put in Cream instead of Milk if you please.

25. *Liver Pudding.*

Boil a Hog's Liver, dry it in an Oven after Bread, dry it enough to grate ; then sift it through a coarse Sieve, and take half a pound of it to a pound of grated Bread, and a pound of Currans, two pound of Beef-suet kept dry, and cut small, and sifted thorough the same coarse Sieve ; season it to your Taste with one Ounce of Spice, which must be Cinnamon, Cloves, Mace, Nutmeg, and two Grains of Amber-grease ; then mingle all these together as you do Minced-pye, and boil three Pints of New Milk, pour it into all these things ; then cover it a while, and beat six Eggs with two or three Spoonfuls of Orange-flower-water ; mix them well together and put in a little Salt, you may put in Rice-pap, instead of grated Bread.

26. *Carp Pye.*

Take a couple of Carps or Tench, then a great Eel, or according to the Quantity you make ; skin it and bone it, mix it with a good quantity of grated Bread, and a few
sweet

sweet Herbs, with the Yolks of hard Eggs; and after, take Anchovies and about a handful of Oysters, and cut them all very small; then season it pretty high with Salt, Pepper, Cloves, Mace, Nutmeg, and a little Ginger, four or five Yolks of hard Eggs, and half a pound of Butter, work it together as you do your Paste; then after cut your Carps in three or four Pieces; then fill their bellies with forc'd Meat, and season your Carps with these things, Herbs and Spice, so put them in the Pye, and what it won't hold lay in bales about it with Oysters, and Butter about them, and then close it up and put it in the Oven, and let it stand an hour and a half; after it comes out, take three or four Eggs, and beat them very well and put them in, give them a shake or two; send it.

27. *Salmon Pye.*

Make Puff-paste and lay in the bottom of your Patty-pan; then take the middle Pieces of Salmon, Season it high with Salt, Pepper, Cloves and Mace, cut it into three Pieces; then lay a Layer of Butter and a Layer of Salmon till it is laid all out; then make forced Meat of an Eel, and chop it fine with the Yolks of hard Eggs, with two or three Anchovies, Marrow and sweet Herbs, a little grated Bread, a few Oysters, if you have them; lay them round your Pye, and on the Top; season them with Salt and Pepper, and other Spices as you please.

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28. *Potatoe Pye.*

Boil the Potatoes, peel them and lay them in the Pye with good store of Marrow, whole Mace, preserved Lettice-Roots and Stalks, and Citron cut: Cover it with Butter, and when it comes out of the Oven scald White-wine and put some Sugar in, and give it a shake or two, and send it.

29. *Artechoke Pye.*

Boil your Artechokes well; then take the bottoms from the Leaves, and season them with a little beaten Mace, and put to them a pretty quantity of Butter, lay a Layer in the bottom; then lay in the Artechokes; sprinkle them with a little Salt, put some Sugar over them, put in grated pieces of Marrow rowled up in the Yolks of Eggs; then put in a few Gooseberries or Grapes, and lay upon it large Mace and Dates stoned, some Yolks of hard Eggs, Suckets, Lettice-stalks, and Citron; cover it with Butter, and when is it baked, put in scalded White-wine, and shake it together; send it.

30. *Egg Pye.*

Boil sixteen Eggs, take the Yolks, cut them small, and put to them three or four spoonfuls of Orange-flower-water, with the same quantity of Sack, season it with Cloves, Mace, Nutmeg, and fine Sugar to your Taste, and

and lay a Layer of wet and dry Sweet-meats; then melt a pound and a quarter of sweet Butter, beat it with half a Pint of Cream; then mix all these Ingredients together, and put it in the Pye and bake it, and when it is drawn, scald a little White-wine and beat it with the Yolk of an Egg, Sugar and grated Nutmeg, pour it in and give it a shake or two; send it.

31. *Lumber Pye.*

Take the Humbles of a Deer, parboil them, and clear all the Fat from them; then put as much Beef-suet as Meat, or half as much more, as you like it; mince it together very small, and season it with Cloves, Mace, Nutmeg, Cinamon and a little Salt, half a pound of Sugar, three or four pound of Currans, a Pint of Sack, a little Rose-water, half a pound of candied Orange, Limon and Citron-peel, and Dates stoned and sliced, fill your Pye and close it; and when it is baked put in half a Pint of Sack, or more; send it.

32. *Stump Pye.*

Take a Leg of Lamb from the Bones, and mince it small, with a good quantity of sweet Herbs, and a good quantity of Currans, grated Nutmeg and Salt; season it to your liking, and mix it with two or three Yolks of Eggs beat with Sack or White-wine; then

then lay it close in the Pye, and lay on the Top either Fruit or Sweat-meats; do not bake it too much, and when it is baked cut it up, and put in Verjuice and Sugar, or White-wine; make it hot before you put it in, then lay on the Lid; send it.

33. *Dowlet Pye.*

Take Veal parboil'd or roasted, and cut it small, with Sweet-herbs and Beef-suet; then put some into it season'd with Sugar, Nutmeg and Cinnamon if you like it; then beat as many Eggs as will wet it; then make it like Eggs, and stick a Date in the middle of each of them, and lay them in a Pye, and put some dried Plumbs over them, and if in time of year put in ripe Plumbs; then take White-wine, Sugar and Butter, and pour it in a little before you draw it, scald the Wine, and give it a shake or two together; send it.

34. *Calves-Foot Pye.*

Take Calves-feet and boil them tender; then cut them in halves, and take out all the Bones, and lay a Layer of Butter in the bottom of the Pye; then a Layer of Calves-feet; then Raisins of the Sun stoned and cut small; then lay a Layer of Calves-feet; then Raisins of the Sun stoned and cut small, Currans, Limon, Orange and Citron-peel cut into thin slices, a little beaten Cloves, Mace, Nut-

Nutmeg, a little fine Sugar, and a little Salt; mix all these together, and lay a Layer till it is all laid out; then boil six Eggs, take out the Yolks and cut them into pieces, and strow them a top with a Layer of Butter; don't make it greasie; send it.

35. Chicken Pye.

Take young Chickens, seeth them in half Milk and Water, strip their skins from them, butter your Dish and put Puff-paste round it, and in the bottom; then lay a Layer of Butter, and a Layer of all sorts of wet Sweet-meats, and dry; then truss up your Chickens with their Heads on; season them with Cloves, Mace, Nutmeg, Salt, and a little good Sugar; then rowl up their seasoning in a piece of Butter and put in their Bellies, and lay them in the Pye with a good Layer of Butter over them, and Sweet-meats, then lay on the Lid being made of Puff-paste, and an Hour will bake it; take care your Oven is not too hot, it being apt to rash and lose colour.

36. For the Candle.

Take half a Pint of White-wine or Sider, boil it with a blade of Mace, and a little Nutmeg; then take it off the Fire, and put in the Yolks of two Eggs very well beaten, with a spoonful of Sugar and a little bit of Butter rowled up in the Flour; then let

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it

it run thorough a Tunnel through the Hole on the Top of the Pye whilst the Pye is hot : give it two or three shakes ; send it up.

And if for a Savory Pye : Put in Mushrooms instead of Sweet-meats, with Artichoke-bottoms, Cocks-combs and Pullers, Veal Sweet-breads set in Water and pulled in Pieces ; make good Puff-paste for your Patty-pan, and lay a Layer of these with Force-meat-balls, and a Layer of Chicken seasoned with Salt, Pepper and Spice, with a bit of Butter in their Bellies rowled up in the Seasoning, and Butter on the Top ; and if in time of year put in Gooseberries and ripe Currans, bake it and put in the same Caudle, only leave out the Sugar ; give it two or three shakes when you send it.

37. *For the Force-meat-balls.*

Take Chicken-marrow, or a little Thyme any Savory, a few Crumbs of White-bread, with the Yolks of two Eggs well beaten, season it with Salt, Pepper, Cloves and Mace, then scald a little Spinage, drain it well, and cut it small and put it in, and mix it well together to make them look Green ; make some long and some round.

38. *Hare Pye.*

Take a Hare, dress him ; take one part and mince it small with Bacon, Thyme, Savory and

and Marjoram; season it with Salt, Pepper, Cloves, Mace and Nutmeg; and when you have dress'd the other part season it as you did the first; work your minced Meat with the Yolk of an Egg or two, and lay it about your Hare, and fill it up with sweet Butter and close it, bake it not too much; and when it is baked put in half a Pint of strong Gravy, and give it a shake or two; send it.

39. *Jiblet Pye.*

Take your Jiblets and scald them; put them on the Fire and stew them very Tender; season them with Salt and Pepper pretty high; with a bunch of sweet Herbs, an Onion, and just Water enough to cover them; then take them out of the Liquor and let them stand to be cold; then put them in your Patty-pan with good puff-paste round it; and put in what quantity of Butter you think fitting, with the Yolks of hard Eggs, and lay over it Force-meat-balls; and when you have lidded your Pye leave a hole a Top, and just as it goes into the Oven, put in half the Liquor that the Jiblet was stewed in; bake it not too much; send it up.

40. *Venison Pasty.*

Take three quarters of a Peck of fine Flour, and put six pound of Butter in the Flour; then beat in twelve Eggs, and make your Pasty with warm Water; bone the Ve-

nison, beat and break the Bones, season it with Salt and Pepper to fill up the Pasty when it comes out of the Oven; then season your Venison with an Ounce and half of black Pepper just bruised, and Salt; then take about a pound of Beef-suet, cut it into long Slices, beat it with your Rowling-pin, and strew over it Salt and Pepper; then lay the Venison on the Top, season it very high with Pudding-crust round the Pan, and put in a large Porringer of Water, and lay a Layer of good fresh Butter and cover it; shake your Pasty, and when it comes out of the Oven pour in the Liquor that you made of the Bones, and shake it well together; serve it to the Table.

41. *To season Turkey, Goose or Pigeons.*

Bone them, or break their bones very well; season them with Salt, Pepper and Nutmeg, if you like, within and without; stick some whole Cloves in their Breasts, fill them with Butter and put them in your Coffin, and lay Butter all over the Top; then close it and bake it four Hours; when it is baked, fill it up with clarified Butter: A cold Dish.

42. *To season Veal or Lamb.*

Take a Loin of Veal or Lamb, cut it into small Pieces, season it with Nutmeg, Salt and Pepper; then fill the Pye and lay some Butter on the Top; then close it and bake it;
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and if you serve it hot up, put in a Pint of Gravy; but if you keep it cold put in more, but fill it up with clarified Butter.

43. *To season Mince-Pyes.*

Take the best part of a Neats-tongue, a little more than half, boil it; then peel it, and cut it into Slices, set it to be cold; then weigh it, and to a pound of Tongue put a pound and half of Beef-suet and Marrow; then put your Meat and Suet upon a Chopping-block, and chop it very fine and mix it well together; then weigh a pound of Meat to a pound of Currans; pound your Spice, which must be Cloves, Mace and Nutmeg; season it to your Taste with a little fine Sugar, Orange, Limon and Citron-peel thin shred, with two or three Pippins hack'd small; wring in the Juice of a Limon, and put in a large Glass of Claret, and as much Sack, a few Dates stoned and sliced thin, a few Raisins stoned and cut small; mix all these things very well together; then fill and lid your Pyes; bake them, but not too much.

44. *Olive Florendine.*

Take the best part of a Leg of Veal; cut it into thin Slices like *Scotch* Collops, beat them on both sides with the back of a Knife; season them with Cloves, Mace, Pepper and Salt; then cut a pound of fat Bacon into

thin Slices, rowl them up one by one, with a slice of Veal in the Middle; then put them in a Dish, and put to them three or four Anchovies, two or three Shalots, half a handful of Oysters, and half a hundred of Force'd-meat-balls, a Limon sliced with the Rind off; put in half a Pint of White-wine, half a Pint of strong Broth, a little Gravy, and half a pound of Butter; cover it with Puff-paste and bake it.

45. *Stake Florendine.*

Take a Leg or a Neck of Mutton, cut it into Stakes; season it with Nutmeg, Pepper and Salt: Put it into a Dish with three or four Shalots, a bunch of sweet Herbs, two or three Anchovies, twenty Balls of Force'd-meat, half a Pint of Claret, as much fair Water; put in half a pound of Butter; cover it with Puff-paste; bake it.

46. *Rice Florendine.*

Take half a pound of Rice pick'd clean, boil it first in Water, then in Milk, till it be as thick as Hasty-pudding; then set it by till it is cold; then beat in six Eggs, leave out half the Whites, put in half a Pint of Cream, two or three Spoonfuls of Sack, a little Rose-water; season it with two Pennyworth of Cloves, Mace, Nutmeg and Cinnamon, half a pound of Sugar, a little Salt, a pound of Currans, four Ounces of candid Orange,

Orange, Limon and Citron-peel, a pound of Marrow or Butter; then cover it with Puff-paste, and bake it; the same Ingredients for Almond-florendine, only blanch the Almonds, and beat them in a Stone Mortar with a Glas of Sack, and a little Rose-water, and you may garnish your Dish with Pafte-Royal.

47. *Almond-Florendine.*

Take one pound of Jordan Almonds blanched and beaten in a Mortar, with a little Orange-flower-water; take the Yolks and half the Whites of eight Eggs beat with a quarter of a Pint of Sack, half a Pint of Cream, half a pound of fresh Butter melted, a pound of Currans, as much Sugar as will sweeten it to your Taste, a quarter of a pound of Marrow seasoned with beaten Cloves, Mace and Nutmeg; you may put in candid Limon and Citron-peel: Mix it well together, make Puff-paste on the Top and Bottom, and bake it in a slack Oven, not too much.

48. *A Florendine.*

Take what quantity of Curds you please, turn them the same way as for Cheese-cakes; put in a pound of blanched Almonds beat very fine, with a spoonful of Rose-water, half a pound of Currans, as much Sugar as will sweeten it; then take a good quantity

of Spinage; let it have two or three boils, then drain it, shred it small, mingle it together, butter your Dish; serve it.

49. *To season Cheese-cakes.*

Take a Gallon of New Milk warm from the Cow, set it with a spoonful of Runnet; as soon as it comes, strain the Runnet from the Curds; rub them through a little Renge with the back of a Spoon; season them with half a quarter of an Ounce of Cloves, Mace and Cinnamon beat fine, a little Salt, half a pound of Sugar, a little Rose-water, half a Pint of Sack, half a pound of Butter melted thick; beat in six Eggs, leave out half the Whites, put in a pound of Currans, and it is fit for use.

The same Ingredients for Rice-cakes, only you must boil the Rice tender before; the same way for Almond-cakes, only beat them in a Stone Mortar, with a Glasse of Sack, and a little Rose-water.

50. *To season Custards.*

Boil a Quart of Cream with a blade of Mace, or a little broken Cinnamon, a little Nutmeg sliced thin; strain it and season it with half a pound of Sugar, a little Sack and Rose-water; then beat in eight Eggs, leave out half the Whites, harden the Crusts before you fill them. It must be good fine Sugar.

51. *Passe*

51. *Paste Royal.*

Take a pound of very fine Flour; put in a little Cinnamon and Nutmeg very fine beaten, a quarter of a pound of very fine double refined Sugar, beat in the Whites of ten Eggs; then make it into a Paste with half a Pint of Sack, and the best Cream pretty stiff; then rowl in a pound of Butter at five or six times rowling; this is fit for Orange-Puddings, Spread-tarts and Laid-tarts, or to garnish Dishes with.

52. *White Puff-paste.*

Take a pound of fine Flour, put in the Whites of three Eggs beaten up; make it into Balls with cold Water; then rowl in a pound of Butter at five or six times rowling; it is fit for Taffata-tarts or Cheese-cakes; in the Winter beat your Butter to make it Work, and in the Summer keep it as cool as you can.

53. *Puff-paste.*

Take three great handfuls of Flour well dried: Put to it two Whites of Eggs, and a quarter of a pound of Butter; wet it with cold Water; then take three quarters of a pound of Butter, divide it into three Parts, rowl the Paste abroad, and stick on a quarter of a pound of Butter in little bits all over it, so fold it up again and flour it; then
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rowl it abroad again, and so do three times till the Butter is ended; then butter the brims of a Dish and lay the Paste thereon; put it presently into the Oven; let it bake almost an Hour; this quantity is but enough for the brims of a Dish: If you would have enough to cover it all over a Dish, you must take as much more of every thing, and make a double Quantity.

54. *To dress Fish: Craw-fish.*

Take Craw-fish boiled in Water with a little Salt, and when they are boiled enough take them up, and set them to be cold; then pick the Meat out of the Legs and the Tails, set it by; then take the Bodies and Claws, beat them in a Mortar with some of the Liquor they were boiled in, and to a Quart of that Liquor add a Quart of Cream, and a Quart of Milk: Put in a blade of Mace, a Nutmeg cut into Quarters, with a Clove or two; set them all over the Fire, and boil them well; then take a little Sorrel and Spinage a little beat, and Leeks a large handful altogether; cut them large, and put them in with your Craw-fish that you pick'd out; let them boil together, but don't let your Herbs lose their Colour; then put in a *French* Loaf and place that in the middle of your Dish, and just when you send it in thicken it with the Yolks of Eggs and a piece of fresh Butter, a quarter of a pound;
take

take care your Eggs don't curdle, and let it be the thickness of good Cream; serve it.

55. To stew Carps.

Stick your Carp as you do a Pig, and save all the Blood you can; scale it and take out the Ruffage; take care you don't break the Gall: Then take as much Claret and strong Gravy as will cover him in your Stew-pan, a little White-wine and Salt, a good piece of Horse-radish, and a bunch of sweet Herbs, some whole Pepper, Cloves and a little Mace, with a large Onion, some Mushrooms and Capers; let them stew together till they are enough; then brown some Butter with Flour, and pour some of the Liquor to the Butter, with two or three Anchovies chopt small; then have in readiness Oysters fried; squeeze in the Juice of a Limon: Garnish with Horse-radish, fried Parsly, Oranges and Limons.

56. To stew Eels.

When they are half stewed, put to them a bunch of sweet Herbs, a little grated Bread, an Onion, some beaten Mace and Cloves, as it boils; and when they are almost enough, put in a little Butter, and a Glass of Claret with an Anchovy; then take it up.

57. To

57. *To stew Oysters.*

Set on the Fire a Pint of Oysters with their Liquor, a Shalot, half a Pint of White-wine, a little white Pepper, three blades of Mace, a little Salt to season it, a piece of sweet Butter; let them stew softly, till they are enough, about half an Hour; then put in another piece of Butter, and shake it together, and when it's melted, lay Sippets in the Dish; serve them for a Side-dish.

58. *Sauce for Fish.*

Take a little Thime, Horse-radish, Limon-peel, some whole Pepper; boil them a little while in fair Water; then put in two Anchovies, and four spoonfuls of White-wine, let them boil a little; then strain them out and put the Liquor into the same Pan again, with a pound of fresh Butter; and when it's melted take it off the Fire, and stir in the Yolks of two Eggs, being well beaten before, with three spoonfuls of White-wine; set it on the Fire again, and keep it stirring till it's the thickness of Cream, then pour it on your Fish very hot, and serve it.

59. *To Butter Crabs.*

Take out the Meat and cleanse it from the Skins; put it into a Sauce-pan with a quarter of a Pint of Sack, or White-wine, an Anchovy, a little Nutmeg, and Crumbs of White-bread; set them on a gentle Fire, and beat

beat them together for dishing; then stir in the Yolk of an Egg, and a little Pepper well beaten: then stir them well together, so put it into your Shell again: Send it for a Side-dish.

60. *To Butter Shrimps.*

Stew a Quart of Shrimps with half a Pint of White-wine, with a Nutmeg; then beat four Eggs with a little White-wine, and a quarter of a pound of beaten Butter; then shake them well in a Dish till they be thick enough; then serve them with one Sippet for a Side-dish.

61. *Oyster-Loaves.*

Take *French Rowls*, cut a little hole on the Tops as big as a half Crown; then take out all the Crumb, but don't break the Crust off the Loaf; then stew some Oysters in their own Liquor, a blade of Mace, a little whole Pepper, Salt, Nutmeg, and a little White-wine; skum it very well, and thicken it with a piece of Butter rowled up in Flour; then fill up the Rowls with it, and put on the piece again that you cut off; then put the Rowls in a Mazerene-dish, and melt Butter and pour it into them, set them in your Oven till crisp; let the Oven be as hot as for Orange-pudding.

62. *To*

62. *To dress a Cods-head.*

Take a large Cods-head with the Neck cut large, season the Pickle that you boil it in; then put in a good handful of Salt, whole Pepper, all Spice, a little Limon-peel, a Bay-leaf, an Onion, a Pint of White-wine, and Water enough to cover it: When these are well boiled together put in your Cods-head, and let it be well boiled: then take it up and put it in a Dish over your Stow to draw the Water from it, and have all things ready: Garnish with Horse-radish and sliced Limon.

63. *To boil Pike.*

Put a living Pike, scowre the inside and outside very well; then wash him clean, and have in readiness a Pickle made of Vinegar, Mace, whole Pepper, a bunch of sweet Herbs, and some Onion: and when the Liquor boils put in the Pike, and so order it, that the Pike may boil: as soon as the Pike is ready, (and half an Hour will boil a Pike a Yard long) make your Sauce: take half a Pint of Sack, beat into it a Crab, a Lobster and Shrimps: then draw a pound of Butter, two spoonfuls of Liquor, mingle all these together, and set them on your Stow, and stir them all the while till it be thick: pour the Sauce over the Pike, which must be first dished upon Sippets dipt in the Broth: scrape
some

some Horse-radish in the Sauce, and put in some Craw-fish: send it.

64. To roast Pike.

Take a large Pike, scrape and scald it, take out the Guts: then season it with Salt, Pepper, Cloves, Mace and sweet Herbs, rub it all in very well: take a large Eel, bone and cut it in square Pieces, as if it was Bacon, season it with the same of your Pike, rowl the Pike in the Caul of a Breast of Veal, and tye it to the Spit, and when it's half roasted take off the Caul and dridge it with grated Bread, Bast and Flour it, then roast it well, and Yellow: Garnish your Dish with raspt Limon and Flowers.

65. To roast an Eel.

Take a great Eel, slit the Skin a little way, then pull off the Skin, Head and all, then parboil the Eel till it comes from the Bone, then shred it with some Oysters, sweet Herbs, Limon-peel, season it with Salt, then scowre the Skin with Water and Salt, then stuff it full again with the Meat, sow it up and roast it with Butter, then take for Sauce some White-wine, dissolve three Anchovies in it, then beat as much Butter as will, serve for Sauce: serve it.

66. To roast Lobsters.

Take your Lobsters and tye them to the Spit alive, baste them with hot Water and Salt,

Salt, and when they look very red, and you think they are ready, bast them with Butter and Salt, then take them up and have your Sauce ready, and put into Plates round your Dish.

67. *To malaret Soals.* *℥℥.*

Take the largest Soals you can get, wash, skin and dry them, beat them with your Rowling-pin, then take as many Yolks of Eggs and Flour as will dip them on both sides: then have your Frying-pan ready, then put in as much sweet Oil as will cover your Fish, and fry them brown, and as yellow as Gold: then take them up and lay them upon a Fish-plate to drain, when they are cold make your Pickle thus: Take Salt, Pepper, White-wine Vinegar, Cloves, Mace and Nutmeg, boil it all together well: Let the liquor be put into a broad Earthen-pan, that your Fish may lie at full length in it five Days: Garnish with Limon-peel, Fennel and Flowers; serve it.

68. *To pickle Lobsters.*

Boil your Lobsters in Salt and Water, till they will slip out of their Shells, take the Tails out whole, make your Pickle half White-wine, and half Water, put in whole Cloves, whole Pepper, two Bay-leaves, Mushrooms, Capers, a Branch of Rosemary, with a little Cucumber, put in your Lobsters:

sters: Let them have a boil or two in the Pickle, take them out, set them by to be cold, let the Pickle boil longer, and put in the Bodies, for that will give them a pretty Relish: When the Lobsters and Pickle are both cold, put them into a long Pot for Use.

69. *To pickle Oysters.*

Take the largest Oysters you can get, set the Liquor on the Fire with a good deal of Mace, a Race of Ginger, whole long Pepper, a little Salt, three Bay-leaves, an Onion, boil these well together, then put in your Oysters, and let them boil a quarter of an Hour; then take out your Oysters, put them into the Pot you intend to keep them in; let your Pickle have a boil or two; take it off, set it by to cool; then put your Oysters in a long Pot for Use.

70. *White Soup.*

Take four pound of course Beef, three pound of Mutton, set it on the Fire with seven Quarts of Water, let it boil very slow; skim it clean, and let it boil two Hours; then take the Meat up in a Tray, take up a little of the Liquor and beat out all the Goodness of the Meat, and put in the Liquor again; cut off a pound of each Piece to put in the middle of your Dish; then take two spoonfuls of Oat-meal, ten Corns of white

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Pepper

Pepper and a little Salt, a quarter of a pound of Bacon, a Carrot, a Turnip cut in Pieces, then put in half your Soop-herbs, which must be Sorrel, a little white Bete, hard Lettice, a Leek, the quantity of two handfuls in all; cut them gross, and put in half at ten a Clock with the Liquor, and about eleven put in the rest, so let it boil till twelve; then take it off and put it into your Soop-Dish, with the pieces of Meat in the Middle; let it stand over the Stow till one a Clock, then cut in a half-penny Roll at six Slices, and take five Yolks of Eggs and beat them, and take up a little of the Liquor and put to the Eggs and beat and stir them well into the Soop; then garnish with brown Crust grated round the brims of your Dish.

71. *Brown Soop.*

Take a large Neck of Veal, a Neck of Mutton, half a pound of midling Bacon, a blade of Mace, three Cloves, some whole Pepper and Salt, a bunch of sweet Herbs, an Onion; let these boil gently in a little more Water than will cover them; and when all the Goodness is boiled out, take it up and strain the Broth from the Meat; then cut two pound of Beef in Pieces, beat and flour it; and put a piece of Butter in your Pan, and let it boil up in the Pan; fry it brown, put in the Liquor you strained from the Meat, and you may put in two Ducks, which you must

must half roast before you put them in; and when they are ready, put them in the middle of your Dish, with a handful of Spinage and Sorrel cut pretty big, and let them stew till they are enough, and put in Cocks-combs, Pallets and Sweet-breads pulled in Pieces, Truffles and Troffes if you can get them; stir it in and put in a little fried crisp Bread.

72. Good Soup.

Take a Leg of Beef, a Knuckle of Veal, the fat End of a Neck of Mutton; let them be chopt to pieces, and make Broth of them, with a Crust of Bread; then cleanse the Broth from the Meat, and put it into an Earthen-pot, and put in a Pint of White-wine, with a bunch of sweet Herbs, with good store of Spinage; then take a Hen, lard it with Bacon, and boil it in the Broth, and when it's enough pour it in a Dish, with the Juice of an Orange, and beat as many Yolks of Eggs as will thicken it, and keep it stirring about for fear it should curdle; then put your Fowl in the middle of your Dish with the Broth and Sippets; serve it.

73. White Broth.

Take a Pullet, boil it, and when you think it's enough, take it up and put it into a Dish; then boil your Cream with a blade of Mace,

and thicken it with Eggs; then put in the Marrow of one Bone, and take some of the Broth and mingle it together; put to it a spoonful of White-wine, let it thicken on the Fire; and put the Pullet hot out of the Broth, and set it on a Chafing-dish of Coals and send it.

74. Pease Soop.

Make strong Broth of a Leg of Beef, set it by to be cold; then set it on the Fire with two Quarts of Pease, let them boil till they be enough, with an Onion stuck with Cloves; then strain it into another Pot, and set them on the Fire again; season it pretty high with Salt, Pepper, Spice, and all sorts of Soop-herbs, Spinage, Sorrel, Lettice, young Beets, a large Leek with bits of Bacon cut in the Dish, and put in a Pint of strong Gravy, with Forc'd-meat-balls, crispt Bread, and crispt Bacon; serve it. You may put in the middle of your Dish eight larded Pigeons, and Roast is as proper as boiled: Garnish with grated Crust of Bread and crispt Bacon; serve it.

75. Pease Pottage.

Take eight Pints of Pease, and six quarts of Water; set them on the Fire together with a large Onion, season them high; let them boil; and when they are enough, strain them through a Cullander, and set them on the

the Fire again; and when they are boiled, put in four handfuls of Spinage, two Leeks, a little Mint, two spoonfuls of Flour tempered with Water; then put in your Forc'd-meat-balls, and a little after a pound of sweet Butter; keep it stirring till the Butter is melted; then dish it to the Table; don't cut the Herbs small but gross; take care they don't lose their Colour; serve it.

76. *Plumb Pottage.*

Take a Leg of Beef, and a Neck of Mutton; put 'em into four Gallons of Water, let 'em boil till all the Goodness is out; then take it off the Fire and strain out the Meat from the Broth, and when it's cold take off all the Fat, and the next Day make your Broth, and grate the Crumb of a Six-penny Loaf, and let it steep in a little of the Liquor an Hour; then set your Liquor on the Fire, and put in two Nutmegs cut into quarters, with some whole Mace, four Cloves, break in a little Cinnamon; put in a pound of Currans, two pound of Raisins of the Sun, and half a pound of Dates stoned; put in the Bread with the Fruit, and season to your Taste, and put in a Bottle of Claret, a Pint of Sack, and tie up a few Plumbs and Prunes in a Rag, and plump them, and grate a brown Crust of Bread round the brims of your Dish, with some of the Plumbs laid in heaps all round, here and there a heap.

77. *Beef Alamoide.*

Take a fleshy piece of Beef; take out the Fat and Skins, and Carse; then beat it well, and flat it with your Rowling-pin or Cleaver, lard it with fat Bacon quite through as long as your Meat is deep, and as big as your Finger; then season it high with Salt, Pepper, beaten Nutmeg, Cloves and Mace; then put it into a Pot where nothing but Beef has been boiled in good strong Broth, and put in a handful of sweet Herbs, a Bay-leaf, so let it boil till 'tis tender, then put in a Pint of Claret, three Anchovies, and let them stew till you find the Liquor taste well, and the Meat tender; and if there be more Liquor than will make an end of stewing it, then take as much of it up as you think fit, before you put in your Wine and other things; then put all the things in, and let it stew till you see the Liquor do thicken, and taste well of the Spice; then take it up, and take out the Bay-leaves and Shalot; you may eat it hot or cold.

78. *The Olea.*

Take twelve Pigeons, six Chickens; pull the Pigeons, dry them, and put them in whole; scald the Chickens, cut them in halves; then half roast a Rabbit, and cut it into pieces as long as ones Finger; boil a Neats-tongue very tender, cut it in thin pieces

pieces as big as half Crowns, with Sweet-breads pulled in little Pieces: Put to all this Meat one Quart of Claret, and three Pints of strong Gravy, let it stew softly with the Meat; put to it a little whole Pepper, four whole Onions, Thyme, Savory and Marjoram tied up in a bunch; let all these stew together till the Meat is almost enough; then put in a good many Capers shred small, twenty pickled Oysters with three spoonfuls of their Liquor, four blades of large Mace, the Peel of a Limon shred, and a Limon and half cut into pieces as big as Dice; mingle all these well together; then beat twelve Eggs into the Liquor, let them scald in it to thicken it; rub the Dish you intend to serve them in with Garlick; then build the Meat up in an heap and pour the Liquor all over it; then lay upon the Meat Marrow, being first boiled; Oysters fried, Limon sliced, Mace, Sausages crispt, Bacon and Balls made of grated Bread, a little Cloves, Mace, Salt, and a few Marigolds shred; wet them with the Yolks of Eggs, and rowl them in Balls, and boil them before you lay them on; cut them if you please, and lay them on the Meat with blanched Beans, and French-beans; serve it.

79. *A Hoguee.*

Take a Leg of Mutton, take off the Skin whole, with the upper Knuckle; then take

the Flesh, with a pound of Beef-suet, and shred them very fine; take some Spinage, a little Thime and Savory, small Shalots, shred them small; put in some Salt and Pepper; then take six Yolks of Eggs, work the Meat and all together very well into a great Ball; then take a Cabbage and open the Leaves, and cut a hole to put in the Meat, and shape it long-ways, like the Body of a Duck, and boil a Duck's Head, and stick it on with a Skewer; then bind the Body close, and tye it up hard; then boil it well, and have in readiness some Sausages fried, and dipt in the Yolks of Eggs, with a little Flour and Nutmeg, a good deal of Butter, with some Anchovies dissolved in the Sauce first, and beat up with the Butter and Pickles; serve it.

80. *A Monastlick.*

Take a Quart of Rice, two Quarts of strong Gravy; set it on the Fire very high, and let it stew soberly, but not boil; then put in an Onion stuck with Cloves, and a bunch of sweet Herbs; then put in a large Pullet, fill the Belly with Forc'd-meat and Oysters, with half a pound of Bacon; let these stew together till it's tender, and about the thickness of Hasty-pudding; then put in the Forc'd-meat-balls that you have fried, and some you must stew with it; then take it up and beat the Yolks of three Eggs, and a-
bout

bout a quarter of Butter rowled up in Flour, and shake them well together, with the Juice of a Limon; then dith it with the Fowl in the middle, and the Bacon and Forc'd-meat-balls round it: Garnish with Limon, and grated Bread round the brims of your Dish, and serve it.

81. *Scotch Collops.*

Take a Leg of Veal, cut off as much of it as you think fitting into thin Slices; beat it with your Rowling-pin; scratch it with a Knife; lard it with Limon-peel, Bacon and Thime; then take sweet Marjoram, Savory, Parsly, young Onions, Salt, Pepper, a little Nutmeg; shred them fine, and rub the Meat very well with them; then dip the Meat in the Yolks of Eggs, and a little Flour; fry them in a little fresh Butter, and when they are fried enough take them out of the Pan, and have ready a little strong Gravy, and dissolve in it some Anchovies, a Glas of Claret, and a Shalot or two, and a Limon wrung into it, with some shred upon it: Let it stew between two Dishes, and beat a piece of Butter with the Yolk of an Egg, and thicken it up, and pour it over your Meat, with crispt Bacon, fried Oysters, Mushrooms, Veal Sweet-breads pulled in little Pieces, with Forc'd-meat-balls: Garnish with Horse-radish and Barberries; serve it.

82. *To dress a Calves Head.*

Boil the Head till the Tongue will peel; then cut half the Head into small Pieces, about the bigness of Oysters; lay the Brains by themselves; then stew it in strong Gravy, with a large Ladle full of Claret, and a handfull of sweet Herbs, a little Limon-peel, a piece of Onion and Nutmeg sliced; let all these stew till they are tender; then take the other half of the Head, scratch it a-cross, strow over it grated Bread, sweet Herbs, with a little Limon-peel; lard it with Bacon, and wash it over with the Yolks of Eggs, and strow over it a little grated Bread; boil it well over Charcoal, or Wood-coal; and when it's enough place it in the middle of your Dish; then cut the stewed Meat, and put in a Pint of strong Gravy into your Stew-pan, with three Anchovies, a few Capers, a good many Mushrooms, and a good quantity of sweet Butter, with a quart of large Oysters; stew them in their own Liquor, with a blade of Mace, a little White-wine; keep the largest out to fry, and shred a few of the smallest; then beat the Yolks of Eggs and Flour, and dip them in; fry them in Hog's Lard; make little Cakes of the Brains, and cut the Tongue out into round Pieces, and dip them in, and fry them; then pour the stewed Meat in the Dish round the other half of the Head, and lay the fried Oysters, Brains and
Tongue,

Tongue with little bits of crispt Bacon, Forc'd-meat-balls, or Sausages on the Top, and all about the Meat: Garnish with Horse-radish and Barberries; serve it up hot.

83. *Frigasee of Rabbets or Chickens.*

Take Rabbets or Chickens, only you must skin the Chickens; then cut them into small Pieces, beat them with your Rowling-pin; then lard them with Bacon, and season them with Salt, Pepper, and a little beaten Mace, then put in half a pound of Butter in your Pan, brown it, and dridge it with Flour, and put in your Rabbets, and fry them brown; and have ready a quart of good strong Gravy, Oysters and Mushrooms, three Anchovies, a Shalot or two, a bunch of sweet Herbs, a Glass of Claret, season it high; and when they are boiled enough, take out the Herbs, Shalot and Anchovy-bones; shred a Limon small and put in; and when your Rabbets are almost enough, put them in, and let them stew all together, keeping them stirring and shaking all the time it's on the Fire; and when it's as thick as Cream take it up, and have ready to lay over it some bits of crispt Bacon, some Oysters fried in Hog's Lard to make them look brown; dip them in the Yolks of Eggs, and Flour, and a little grated Nutmeg, and Forc'd-meat-balls; Garnish with Limon and Flowers; serve it.

84. *For*

84. *For the Forc'd-meat-balls.*

Take Rabbet, Veal or Pork; shred it very fine, with a few Chives, sweet Herbs, and a little Spinage to make them look Green; season them with Salt, Pepper, Mace, Anchovies, Marrow or Beef-suet; cut all these very fine together, and bind them with a little Flour, and the Yolk of an Egg, and rowl up some long, some round; fry them brown and crisp; or stew them as you please.

85. *Frigasee White.*

Parboil your Chickens; then skin them and cut them into Pieces, and fry them in strong Broth, with a blade of Mace, a little Salt and Pepper, two Anchovies, two Shalots; let them fry till they are enough; then take out the Shalots, and put in half a Pint of good Cream, and a piece of Butter rowled up in Flour, and the Yolk of an Egg; stir it all about till it is as thick as Cream; wring in the Juice of a Limon, take care it don't curdle it; then scald a little Spinage, cut it and throw over it some Mushrooms, a few Capers shred with Oysters, if you have them, with a little of their Liquor; then serve it to the Table on Sippets.

86. *Frigasee of Pigeons.*

Take eight Pigeons new killed, cut them into small Pieces, and put them into a Fry-
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ing-pan with a Pint of Claret, and a Pint of Water; season your Pigeons with Salt and Pepper; then take a little sweet Marjoram, Thyme, a few Chives, or an Onion; shred the Herbs very small, and put them into the Frying-pan to the Pigeons, with a good piece of Butter; so let them boil gently, till there be no more Liquor left than will serve for the Sauce; then beat four Yolks of Eggs, with a Spoonful and half of Vinegar, and half a Nutmeg grated; when it's enough, put the Meat on the one side of the Pan, and the Liquor on the other. Then put the Eggs into the Liquor on the Fire, and stir it till it's the thickness of Cream; then put the Meat into the Dish, and pour over the Sauce; lay crispt Bacon and fry'd Oysters over it, and garnish with raspt Limon; serve it.

187. *Frigassee of Mushrooms.*

Take the largest and biggest Mushrooms you can get, and some small ones amongst them. Cut the largest into four Pieces, peel them and throw them into Salt and Water, let them lie in the Water and Salt half an Hour; then take them out and put them into a Bell-metal or Silver-skillet, and stew them in their own Liquor, with a little Cream, to make them look white, and cut hard; less than half an Hour will stew them; then strain them out into a Sieve, and take a quarter of a Pint of that Liquor they were stewed

ed in, with as much White-wine and strong Gravy, boil all these together with a little whole white Pepper, Mace and Nutmeg, two Anchovies, one Sprig of Thime, a Shalot or two; season it very high to your Taste, with these things: when it has boiled well together, strain out the Spice, Anchovy-bones and Shalot, and put it into your Stew-pan again with the Mushrooms to it, and have ready the Yolks of three Eggs, with the quantity of as much Butter as an Egg rowled up in Flour, and beat it well with a spoonful of Cream, and so shake it up together, the Mushrooms, and all very thick, so that it may hang about the Frigasee, and scald a little Spinage and shake over it; serve it.

88. *To force a Leg of Mutton.*

Take a large Leg of Mutton, cut a long slit in the back-side, then take out all the Meat you can get, but don't deface the Meat on the other side, then take your Meat and chop it fine, with three Anchovies unwashed, a little beaten Mace and Nutmeg, a few Chives or an Onion, a little Limon-peel and sweet Herbs, Salt, Pepper and Oysters, a good deal of Marrow or Beef-suet; then put all these in your Mortar, and beat them all together very fine, then stuff it in your Meat again, and stich it up with good strong Thread to keep your Meat in; then put it into a Dish, and wash it over with the Yolks of

of Eggs to bind it, and dridge it with Flour, and lay pieces of Butter all over it; bake it or roast it, and it's very good; then have ready Oysters stewed in White-wine, with a blade of Mace, keep out the largest to lay with Anchovy-sauce, Mushrooms and a good Quantity of strong Gravy; serve it.

89. *The same way force a Leg of Lamb.*

And make a Frigasee of the Loin to lay round about it, cut into small pieces pretty thin; season it with Salt, Pepper, beaten Cloves, Mace, and Nutmeg, a few sweet Herbs and Chives, then fry it in clarified Butter, and when it's fried enough pour the Butter out, and wipe the Pan clean, and put in a Pint of strong Gravy, a quarter of a Pint of White-wine or Sider; then let your Lamb stew in the Gravy; then throw in some Mushrooms, a few Oysters, with the Liquor, an Anchovy; then rowl up a piece of Butter in Flour, and the Yolk of an Egg, and squeeze in the Juice of a Limon: Garnish with Limon and Pickles.

90. *Veal Alamode.*

Take a large Phillet of Veal, cut out the Bone, and the hard Skin; then take Salt, Pepper, Cloves and Mace, pound the Spice and mix them together; then take Thyme, Marjoram, Shalot, Limon-peel; shred them very small, and mix them with the Seasoning; then

then take half a pound of Bacon, cut off the Rind and Rusty, and cut it out into thick pieces as thick as your Finger, and as broad as two Fingers, and rowl it up in the seasoning, and skewer it up close, and tye it in the same fashion as it was before you cut it; then beat the Yolks of Eggs and wash it all over, and put it into a Dish to bake, with pieces of Butter all over it; and when it comes out of the Oven, take the Veal out and serve it. And if you pot it, tye it over with double Cap paper, and put in two pound of Butter, keep back the Gravy, and if it be not covered, clarifie as much Butter as will cover it; and as you want it cut it out into Slices, eat it with Oil and Vinegar beat up thick together, or the Juice of a Limon, or what you please.

91. To Ragow a Breast of Veal.

Take a large Breast of Veal more than half roast it; cut it out into four Pieces, and have ready as much strong Gravy as will cover it; put it into your Stew-pan, season it high with Pepper, Cloves, Mace, Nutmeg, a little Salt, Shallot, Limon-peel, Mushrooms, and Oyfters fried and stewed, Sweet-breads set and skinned, and pulled in little Pieces; and when it's enough, fry your largest Oyfters with crispt Bacon, and Forc d-meatballs, and for a white Ragow take the same Ingredients, only boil the Breast of Veal in half

half Milk and Water; with a bunch of sweet Herbs, a little Limon-peel, Mace, whole Pepper, and two Bay-leaves; then, when it's enough, wash it over with the Yolks of Eggs, and a little Butter, and put it in your Stew-pan, just long enough to make it look Yellow, and thicken your Sauce with the Yolks of Eggs, and a piece of Butter rowled up in Flour, with three spoonfuls of Cream thickned up together.

92. *To Ragow a Neck of Veal.*

Cut a large Neck of Veal into Stakes, beat them flat with your Rowling-pin; then season with Salt, Pepper, Cloves, Mace, lard them with Bacon, Limon-peel and Thime; dip them in the Yolks of Eggs, then take a large Sheet of Cap-paper, turn it up at the four Corners like a Dripping-pan, and pin it tight; Butter it, and rub the Gridiron with Butter; then put on your Meat over a Charcoal fire; let it do leisurely, keeping it basted and turning, to keep in the Gravy: and when you think it's enough, have ready as much strong Gravy as you think will do, season it pretty high, and put in some Mushrooms, with all sorts of Pickles, some stewed and fried Oysters, and Forc'd-meat-balls dipt in the Yolks of Eggs, and Flour, to lay round, and a top of your Dish: send it. And if for a brown Ragow, put in Claret: if for a white, put in White-wine, with the Yolks

of Eggs, beat up with three spoonfuls of Cream: and you may put in a young Fowl, or a larded Feasant, with Forc'd-meat in the Belly, or larded Pigeons: Garnish with Limon and Barberries: and serve it.

93. *To Ragow Pigeons.*

Take Pigeons, lard them, and cut them into Halves, and do some whole; season them with Salt, Pepper, Cloves and Mace; wash them over with the Yolks of Eggs; and take a good deal of Butter and put into your Frying-pan, and brown it with a little Flour; then put in your Pigeons, and just brown them; then take them out, and put in your Stew-pan as much strong Gravy as will cover them; let them stew till they are very tender, with a bunch of Sweet-herbs; and when they are almost enough, take out the Herbs and put in the Anchovies, Oysters, Mushrooms, and what Pickles you have, with a little Shalot; then roast Larks, or what small Birds you have to lay round your Dish; and for want of Birds, fry Sweet-breads; set them pulled in Pieces, dipt in the Yolks of Eggs: Garnish with Orange and Pickles; send it.

94. *Beef Royal.*

Take a Surloin, or a large Rump of the best Beef; bone it, and beat it very well; season it with Salt, Pepper, Cloves, Mace, Nutmeg,

Nutmeg, and a little Limon-peel, Savory, Marjoram, and a little Thime; then make strong Broth of the Bones, and lard the Meat quite through, with large pieces of Bacon; then put in a good deal of sweet Butter in your Stew-pan, and brown it; then put in the Meat, and brown it on both sides; then put in the Liquor with the Butter, with two Bay-leaves, six Trussels and Troffes, if you have them, and Pallets; for want of these, put in Sweet-breads pulled in Pieces; cover it down close; let it stew till it's Tender; then take it out and skum off all the Fat, and put in a Pint of Claret, with three Anchovies; then put in the Beef to be thoroughly hot, and put in what Pickles you have, with fried Oysters; thicken up the Sauce, and pour over your Meat: send it. It's very good cold, but it's a Noble Dish hot.

95. To malaret Fowls.

Take Pullet, Chicken, or Veal Sweet-breads, Mushrooms, Oysters, Anchovies, Marrow, and a little Limon-peel, a little Pepper, Salt, Nutmeg, and a little Thime, Marjoram and Savory, a few Chives: Mingle all these with the Yolk of an Egg, then raise up the skin of the Breast of your Fowls, and stuff it; and then stick it up again, and lard them; fill their Bellies with Oysters, and roast them; make good strong Gravy-

sauce: So you may do Feasants, Turkeys, or what Fowls you please.

96. *Geese Alamode.*

Take two Geese, and raise their skins as before, and make your stuffing as for the Fowls; only instead of Chives, put in two Cloves of Garlick; season high, and put in some into their Bellies, as well as between their Skins; lard them with Limon and Thime; then put in as much Butter in your Stew-pan as will brown them on both sides; then put them in the Butter with strong Gravy, seasoned very high; and when they are stewed enough take them out; thicken the Sauce with Butter, rowled up in Flour, and the Yolks of Eggs, with half a Pint of Claret, and let them boil to be thick; then fry Oysters and Forc'd-meat-balls, and crispt Sippers to lay round your Dish, and serve it: Garnish with grated Bread, and Flowers, round your Dish.

97. *To pickle Tongues.*

Make your Pickle with Salt-petre, and Sal-prunellæ; and to six Quarts of Water, one Ounce of each, a pound of Bay-salt, the same of white Salt, and a quarter of a pound of brown Sugar; then boil all these together 'till the Skum rises, and is a very strong Brine; skim it clean; and when it's cold, put your Tongues in a Tub; let them lie

at their full length to be covered; turn them three times a Week, and in three Weeks they will be fit to boil; then peel them, and eat them with Chicken or Pigeons, and Sparrow-grass, Colliflowers, Cabbage, Spinage, or what is in season, and it's a Noble Dish, and you may keep them in the Pickle as long as you please, and rub them with Bran, and hang them up in your Chimney, to eat cold; get the best Tongues.

98. *Leg of Mutton like Westphalia-Ham.*

Take a Leg of Mutton, cut into the shape of a Westphalia-Ham, and make the Pickle of two parts Salt-petre, and the other Bay-salt: Let it lie in Pickle three Weeks; then take it out and hang it in a smoaky Chimney as you do Bacon, and lay under it a Wisp of Hay, which you must set on fire to smoak your Leg with; and when it's dried, and you intend to boil it, put it into a great Kettle with a good deal of Hay, having some Hay-seeds in a Bag in the Kettle: You may eat it hot, with Fowls, or cold, like Westphalia-Ham, as you please.

99. *To bask a Calfe's-head.*

Take a Calfe's-Head, and half boil it; cut it into Pieces, and take a Pint of great Oysters with half a pound of Butter, and large Mace, a bunch of sweet Herbs; and take half a Pint of White-wine, some Ancho-

vies, and put it in between two Dishes, and stew it tender, and boil the Brains with Sage and Parsly by themselves; then put Scotch-Collops in the bottom of your Dish with bits of fried Bacon, and a good piece amongst the Meat, with a quantity of Marrow boiled, with blanched Almonds, and Chesnuts, the Yolks of hard Eggs, some fried Sausages, and rowl up a large piece of Butter in Flour, and thicken it up with Butter, and lay the Bacon and Oysters a Top, and round about; serve it up hot to the Table.

100. *To Hash a Leg of Mutton.*

Cut off the Flesh of a Leg of Mutton, into broad Pieces, neither Fat nor Skin; beat it with the back of a Chopping-knife, but not to pieces; then put it into a Dish Raw, it being first rubbed with Garlick, and put Liguor into it with a whole Onion cut in the middle, a little bunch of sweet Herbs tyed up, and some Salt; cover it, and let it stew 'till it be changed from the Colour of the Blood; then put in a quarter of a Pint of White wine, three blades of Mace, an Anchovy, and let it stew so much longer, 'till the Anchovy be dissolved: Then take out the Onion and Herbs, and put the Meat and Liguor into the Dish; and serve it.

101. *To Hash a Shoulder of Mutton.*

Take a Shoulder of Mutton, half roast it, then cut it as thin as you can, and take a Glass of Claret, a blade of Mace, two Anchovies, a few Capers, a Shalot, Salt, a Sprig of Thyme, Savory and Limon-peel; let it stand half an Hour covered; and when it's enough, shake over it some Capers, and serve it.

102. *To stew a Neck of Mutton.*

Cut it out into Stakes, wash it, season it with Salt, Pepper and Nutmeg; cover it with Water, and put it in a Stew-pan; when it boils skum it well, and let it stew: Then take your Turneps, Carrets and Cabbage, par-boil them; strain 'em from the Water; when your Meat is half stewed, put in the Roots, throw in a handful of Capers, and a handful of sweet Herbs, a handful of Spinage and Parsly; shred them together, with two Anchovies chopt; take a little Butter, and brown it; shake in a little Flour, take a Ladle-full of the Broth, and put in the Butter that is browned, let it boil up, and pour it over your Meat, when it's almost ready, boil it a little up together, and serve it with Sippets in the bottom of your Dish; squeeze in the Juice of a Limon, or an Orange; serve it.

103. *To stew Veal.*

Cut the Veal into little Pieces, stew it in Water, put a little Butter in it, season it with Salt, whole Pepper, Mace, a little Limon-peel, an Onion; let your Liquor quite cover it, so stew it; and when it's enough beat the Yolks of Eggs, and stir them in; then let them have a warm or two; and if your Veal is dressed, you may heat it this way.

104. *To stew Chickens.*

Take Chickens, quarter them, and put 'em into White-wine and Water, but most Wine; and when they are stewed tender, put in a good quantity of Butter, and a bunch of sweet Herbs, with large Mace; then take the rasping of a Manchet to thicken it, with a good quantity of Parsly; you may put in a little Sage, if you like it, a little Salt, Pepper and Nutmeg to season your Chickens; then lay Marrow on the top of them, with the Yolks of Eggs well beaten, with the Juice of a Limon in the Sauce: Garnish with sliced Limon, and Parsly, and serve it to the Table.

105. *To stew Pigeons.*

Melt a good quantity of Butter, mingle it with Parsly, Sorrel and Spinage, which you must stew in some Butter; and when it's cold

cold put it into some of their Craws, with a Bay-leaf, save some of it for Sauce; then stew the Pigeons in as much strong Gravy as will cover them, with some Cloves, Mace, Salt, Pepper and Winter-savory, a little Limon-peel, a Shalot or two; then brown some Butter and put in; and when they are stewed enough put in a little bit of Butter rowled up in Flour, and the Yolk of an Egg, with some of the Herbs you left out; shake it up all together, and send it.

106. To dress a Shoulder of Mutton in Blood.

When you kill your Mutton save the Blood; take out all the Knots and Strings, and let it steep five Hours; then stuff it with all manner of sweet Herbs as you would; then lay the Shoulder in the Caul, and sprinkle it with the Blood; roast it, and make Venison-sauce, or Anchovies; serve it.

107. To roast a Hare.

Baste it with Cream as soon as it is laid down: But before you lay it down; take a Marrow-bone, shred the Marrow with Salt, Nutmeg, Thime, Savory, Parsly, Shalot, Onion chopt all small; rowl them up in a good piece of Butter, and put it in the Belly of the Hare, and so roast it; and after the first basting with Cream, keep it constantly basted with Butter, till it's enough; then take for Sauce a little Claret, a blade of Mace; dissolve

dissolve an Anchovy in it, and melt your Butter very thick; then take the Pudding out of the Belly, and wash it all over with the Butter; serve it to the Table Hot.

108. *A Neck or a Loin of Mutton in Cutlets,*

First cut all the Stakes out, and hack them; season with Salt, Pepper, Nutmeg, Parsly, Thime and Marjoram; chop them, and strow them over with some grated Bread; wash them over with drawn Butter, and lay them on white Paper buttered, and made up like a Dripping-pan, that it may not boil over; then boil them over Charcoal or Wood-coal; and for Sauce, take Gravy, White-wine, two Anchovies; mince a little Limon-peel, with some Orange very small; cut it into Water, boil them up together, stir in some Butter, shake it up for Sauce; serve it.

109. *A Neck or a Loin of Lamb fried.*

Cut every Rib asunder, beat them with the back of a Knife; then fry them in about a quarter of a Pint of Ale; strow on them a little Salt, and cover them with a Plate close; take them out with the Gravy in them; set them by the Fire, and have in readiness half a Pint of White-wine, a few Capers; shred two Yolks of Eggs beat with a little Nutmeg and Salt; wipe the Pan, and put in the Sauce, and the Liquor they were fried in; then stir it with a Spoon all one way

way until it be thick; then put in your Meat, stir it all together; then dish it up with Limon and Parsly; serve it.

110. To fry Beef.

Take a piece of the Rump, cut it out into Stakes, beat them well with your Rowling-pin; then fry them in half a Pint of Ale; sprinkle them with Salt, an Onion cut small; and when it's fryed enough, cut a little Thyme, Savory, Parsly and Shalot, with a little Onion and Nutmeg, then rowl up a piece of Butter in Flour, and shake it up very thick: serve it.

111. Take Beef-stakes, of the Rib, half broil them; put them into your Stew-pan, cover them with Gravy; season them very high; rowl up a piece of Butter in Flour, and the Yolk of an Egg, and send it.

112. And if in hast, you may draw Gravy off an Oxe's Kidney; cut in two Pieces, and seasoned high with Salt and Pepper: Put it into your Stew-pan, with Water enough to cover it; an Onion, a bunch of sweet Herbs, a piece of sweet Butter, draw the Gravy from it.

113. Gravy to keep.

Take a piece of course Beef or Mutton, or what you have; cover it with Water, when
it

it has boiled a while take out the Meat; beat it very well, and cut it into Pieces to let out the Gravy, with a bunch of sweet Herbs, a little whole Pepper, an Onion, some Salt; put it in again, let it stew but not boil; and when you find it of a good brown Colour, and it's enough; take it up and put it into an Earthen-pot, so let it stand to be cold; skim off all the Fat, and keep it one Week under another; and if you find it change, boil it up again, set it by for use; and if for a brown Frigasee brown the Butter in your Frying-pan, and shake in a little Flour as it boils; put in the Gravy with a Glass of Claret, shake up the Frigasee in it, if for a white; then melt your Butter with a spoonful or two of Cream, and the Yolks of Eggs, White-whine or Sider.

114. *To make Gravy.*

Take a lean piece of Beef, cut and scotch it in thin Pieces; beat it well, and put in a good Piece of Butter in the Pan; fry it brown till the Goodness is out, then throw it away, and put into the Gravy a little Limon-peel, Cloves, Pepper and Salt, a Shalot or two, a little large Mace, four Anchovies, a Quart of strong Beef-broth, and half a Pint of Claret, White-wine or Sider, as you would have it, white or brown; boil it well together, and when it's ready put it into an Earthen-pot; set it by for use. [*The Side-dishes.*]

115. *To*

115. *To collar a Breast of Mutton.*

Take a large Breast of Mutton; take off the red skin, and all the Bones and Gristles; then grate White-bread, a little Cloves and Mace, with the Yolks of three hard Eggs, a little Limon-peel, Sweet-herbs and Chives thred therein, and mix them with the Eggs, Salt, Pepper, and all Spice; make your Meat lie flat and even; then wash and bone five Anchovies, and lay up and down your Meat, and strow your Seasoning over it; then rowl your Meat till like a Collar, and bind it with course Tape, and bake, boil or roast it; cut it into four Pieces, and lay it in your Dish with strong Gravy-sauce, with Anchovies dissolved in it, fried Oysters and Forc'd-meat-balls: Garnish with Limon and Barberries; a Side-dish. But if for a Standing-dish; then serve it with Cutlets in the Bottom, Sparrow-grass, Colly-flowers, Cabbage, or what is in Season, with white and black Puddings, and Forc'd-meat-balls all about it.

116. *To make Olives.*

Take a Caul of a Breast of Veal, then lay a Layer of Bacon, and take Chicken, Rabbits, or Veal, with as much Marrow or Beef-suet, as Meat, with two Anchovies, Spinage, Thime, Marjoram, a few Chives, Limon-peel, a little Salt, Pepper, Nutmeg, and beaten Mace,
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the Yolks of hard Eggs, a few Mushrooms and Oyfters: beat all these in a Mortar very fine, and lay a Layer of this and a Layer of middling Bacon, and then rowl it up hard in the Caul: then roast or bake it, which you please: cut it into thin Slices, and lay it in your Dish with strong Gravy-sauce: a Side-dish.

117. *Frigassee of Eggs.*

Take eight Eggs, boil them hard: cut them into quarters into a Pint of strong Gravy, and half a Pint of White-wine: season with Cloves and a blade of Mace, a little whole Pepper, a little Salt: scald a little Spinage to make them look Green, with a Pint of large Oyfters to lay round your Dish: then put the Eggs in the Stew-pan, with a few Mushrooms and Oyfters, and rowl up a piece of Butter in the Yolk of an Egg and Flour, and shake it up thick for Sauce, and you may make Gravy-sauce, if you please: Garnish with crisp Sippets, Limon and Parsley: a Side-dish.

118. *Omulet of Eggs.*

Take what quantity of Eggs you please, and beat them well: season them with Salt, and whole Pepper, if you like it: then have your Frying-pan ready with a good deal of fresh Butter: let it be thoroughly hot: then put in your Eggs with four spoonfuls of strong Gravy;

Gravy, then have ready cut Parsley and Chives, and throw over them; and when it is enough turn it on the other side, and squeeze the Juice of a Limon, or an Orange over it: serve it: a Side-dish.

119. Petty Potatoes.

Take a pound of Butter, put it into a Stone-mortar, with half a pound of Naples-bisker, and half a pound of Jordan-Almonds, blanched, and beaten: eight Eggs, with half the Whites: pound it all together till you don't know what it is, and put in some Sack and Orange-flower-water; sweeten it to your Taste with fine Sugar: then take a little fine Flour and make it into a stiff Paste, and lay it on a Trencher, and have ready the quantity of two pound of Lard, and let it boil very fast in your Frying-pan, and so cut the soft Paste on the Trencher about the bigness of Chesnuts, and throw them into the boiling Lard, and let them boil till they be yellow and brown, and when they are enough, take them up and drain the Fat from them in a Sieve, and put them into a Dish, and pour for Sauce Sack and melted Butter; throw Double-refined Sugar: then serve them for a Side-dish.

120. To make Toasted Cheese.

Take a pound of Cheshire-Cheese, grate it fine into a Mortar; put in the Yolks of two Eggs,

Eggs, and grate in a penny Loaf; put in a quarter of a pound of sweet Butter, so beat them all together, and then toast some white Bread very well, and spread upon your Toast; put them between two Dishes, with Fire underneath your Dish, and above: When they are brown serve them to the Table; a Side-dish; and these cannot be done but in a Dutch-stow.

121. *A Salamongundy.*

Take Chicken or Veal minced very fine; then lay a Layer of it, and a Layer of the Yolks of hard Eggs, and a Layer of the Whites; a Layer of Anchovies, a Layer of Limon; then a Layer of all sorts of Pickles, or as many as you have; and between every one of these, lay a Layer of Sorrel, Spinage and Chives shred very fine, as the others; and when you have laid your Dish all round, that it's full, only leave a place a top to set an Orange or Limon: Garnish with Horseradish, Limon and Barberries; this is proper for a second Course Side-dish, or a Middle-dish, for Supper: You must take two Dishes and lay the uppermost Dish to build the Salamongundy on, it being out of fashion to mix it all together, but every one mixes it on their Plates; some like it with the Juice of Limon, and some with Oil and Vinegar beat up thick together.

122. *To Pickle Pigeons.*

Take twelve Pigeons, bone half of them, and take off the Flesh of the other six, and beat them as fine as for Sausage-meat; mix it with Salt, Pepper, Spice and Herbs; a little Marrow, a little Limon-peel, three Anchovies, and the Yolks of hard Eggs, about two or three; then stuff the Pigeons full that you boned, the Herbs must be Sorrel, Spinage, young Beets, Vine-leaves, with a little Thyme, Marjoram and Savory; make your pickle with Water, White-wine, and two Bay-leaves with a little Salt; boil the Bones in the Pickle, and when it's enough take them out, and set them to be cold; then put them in, to keep; a Side-dish: The same way pickle Chickens when they are very young.

123. *Dutch Cheese.*

Take the quantity of three Pints of new Milk; beat seven Eggs very well, stir it in the new Milk, sweeten it with good Sugar very sweet; then put in a quarter of a Pint of Sack, and a spoonful of Orange-flower-water, the same of Rose-water; set it over the Fire, and keep it stirring all the while till it comes to a tender Curd; put it in a Cloth, let the Whey run from it; then put it into Bisket-pans in what shape you please, lay it in your Dish: Then take some sweet
F Cream,

Cream, and boil it with a Stick of Cinnamon; sweeten it with fine Sugar, and beat the Yolks of two Eggs, and stir it in to thicken it; keep it stirring all the time that it may not raise a Skim, and when it's almost cold put in a spoonful of Sack, Orange-flower or Rose-water; pour it over your Cheeses when it's Cold; stick on the Cheeses blanched Almonds cut in thin Slices; serve it for a Side-dish.

124. *Hedge-hog.*

Take a pound of Jordan-Almonds, blanched and beaten in a Mortar very fine with a spoonful of Sack, or Orange-flower-water to keep them from Oiling; make it into a stiff Paste; then beat in six Yolks and two Whites of Eggs, sweeten it with fine Sugar with the quantity of half a Pint of Cream, and a quarter of a pound of sweet Butter melted; set it on your Stow, and keep it stirring till it's as stiff as you may make it in to the Fashion of a Hedge-hog; then stick it full of blanched Almonds, slit and stick up like the Bristles of a Hedge-hog; then place it in the middle of your Dish, and boil Cream, and take the Yolks of two Eggs, and sweeten to your Taste with Sugar; thicken it but not too thick, pour it round your Hedge-hog, set it to be cold; serve it for a Side-dish.

125. *Black Caps.*

Take the largest and best Pippins, cut them in Halves, don't pare them; take out their Cores, and put a little Limon-peel in their place: Lay them in a Mazarine-dish with the Core-side downwards, and put in half a Pint of Claret, a quarter of a pound of good Sugar; set them in the Oven with Tarts, and don't bake them too much; and when they are cold lay them in your Salver, with little Saucers of Carraway-comfits round them; pour the Liquor over them, and serve them for a Side-dish.

126. *To stew Pippins.*

Take the best Pippins, cut them into halves, core them, and to three quarters their weight put in Double-refined Sugar; put in as much Water as will cover them; then boil the Water and Sugar together; skim it well; cut in a little Limon-peel, and lay in your Pippins with their Core-side down-wards; boil them up quick, and stew them till they look clear; then take them up and lay them in a Side-dish, and stew the Liquor with a little White-wine, or the Juice of a Limon, or a little Cream, and the Yolk of an Egg or Two, with a spoonful of Orange-flower-water, and pour it over them, instead of the Liquor; if you like that better; a Side-dish.

127. *To stew Pears.*

Take the greatest Warden-pears, bake them with brown Bread ; put in a Pint of strong Beer or Ale : When they are baked take them out of the Liquor ; and take half a Pint of it, and half a Pint of Claret, and a quarter of a pound of Sugar ; put them in the Stew-pan with two Cloves, a little Cream, cover them close, and let them stew till they are very red, turn them now and then ; when they are enough put them into a Dish you intend to serve them to the Table in, with the Liquor they were stewed in ; strow Double-refined Sugar over the Dish ; serve it for a Side-dish.

128. *Pippin Tansy.*

Take as many sliced Pippins as will cover the Pan's bottom ; fry them with a soft Fire ; then beat eight Eggs, whites and all, with a half-penny Loof grated, and half a Pint of Cream, a little Nutmeg and Sugar ; then beat all these together, and pour over your fried Pippins ; bake it over a soaking Fire ; and when it's thoroughly baked on one side turn it, and serve it with Butter melted thick, and Sugar round the brims of your Dish ; a Side-dish.

129. *Goosberry Tansey.*

Take a Quart of Green Goosberries, cut off the Tops and Tails, and boil them in half a pound of new Butter, in a Frying-pan, till they be well quodled; then pour into them the Yolks of sixteen Eggs, well beaten, with half a Pint of Cream, and as much Sugar as will sweeten it to your Taste; then boil it as you would a Tansey, and when baked strow over it Rose-water and Sugar; serve it.

130. *Good Tansey.*

Take twenty five Eggs, abating half the Whites; then beat them well with half a Pint of Cream, or Milk, a pound of Naples-bisket grated very fine; then colour it with a little Spinage, and a little Tansey; sweeten it with Sugar, butter a Skillet and put in the Tansey, stirring it over the Fire continually; and when it boils to thicken pour it into your Pan; let your Butter be very hot before you put it in, fry it with the best fresh Butter, keep a Plate over it, then turn it out, take care you don't break it in turning, then squeeze in the Juice of an Orange over it, and strow Sugar on the Top, and round the brims of your Dish: serve it.

131. *Almond Tansey.*

Take a pound of Almonds blanched, and steep them in a Pint of good Cream, ten Eggs, four Whites; and when you have beat the Almonds in a Mortar, then put in the Sugar with Crumbs of white Bread, then stir them well together; fry them with fresh Butter, and keep them stirring in the Pan till it's of a good thickness; then strow over it fine Sugar, and serve it.

132. *Dutch Wafers.*

Take a Quart of New Milk, or Cream; warm it; then grate a Penny Loaf, or Bisker, very fine, ten Eggs well beaten, with a quarter of a pound of sweet Butter melted, some Coriander-seeds, a little beaten Cloves, a little Salt and fine Flour, enough to make a Batter, like a Pan-cake, four spoonfuls of Ale-yeast; mingle and stir them well together, and put them into an Earthen-pot; let it stand covered with a Cloath before the Fire, that it may warm and rise lightly near the Fire three Hours; then let the Jorns be made hot and clean, turned and buttered; tye the Butter up in a fine Rag, and turn them that both sides are hot over the Fire, then put in the Batter, and bake the Wafers well; don't burn them; and lay them warm in a Dish; serve them very hot, with Sugar grated over them, so eat them dry, or with the

the Juice of a Limon, or an Orange; some put melted Butter and Sugar in the Dish, but they are best crispt and dry; serve them: A Side-dish.

133. Court Fritters.

Take a Pint of Sack; make a Posset with sweet Milk from the Cow; then take the Curd from the Posset and put it into a Bason, with six Eggs; season it with a little Nutmeg; beat it with a burchen Rod till you have beat it well together; then put Flour into it, and make it as Batter for Fritters: You may put in a little Sugar; then take clarified Beef-suet; make it boil before you put any in; serve it: A Side-dish.

134. Skirret Fritters.

Take a Pint of the Pulp of Skirrets, and a spoonful of fine Flour, the Yolks of Eggs with Sugar and Spice, make them into thick Batter; then fry them out into Fritters, and serve them with the Rest of the Side-dishes, Madam.

135. Little Puddings.

Take a handful of grated Bread, a spoonful of Flour, the Yolks of two Eggs, a spoonful of Orange-flower-water, a handful of Beef-suet, shred all small, a little Nutmeg and Salt, a spoonful of Cheese-curd; work it well together, and wet it as little as you
F 4 can,

can and make it up with Cream, or new Milk, lay it in round Balls in the bottom of your Dish, which must be well buttered; bake them not too much; when they are baked put them in another Dish, with a spoonful of Sack or White-wine, melted Butter and Sugar together poured on them; serve them.

136. *Sweet-bread Pasties.*

Take Sweet-breads, parboil them, shred them very fine; then put to them Marrow, or the Fat of a Loin of Veal shred, with a little grated Bread, and the Yolks of two Eggs, a little Cream, Rose-water, Sugar, and grated Nutmeg; temper all these together; then make Puff-paste with Butter rowled in the Flour, with a little Sugar and Rose-water, the Yolks of two Eggs, and cold Water; then rowl it out like little Pasties the breadth of your hand, and put your Meat in them, and fry them brown, or bake them; serve them.

137. *Kidney Pasties.*

Take the Kidney of a Loin of Veal, with the Fat about it, with a little of the cold Veal you have dress'd, then take Marrow, or Beef-suet, with the Yolks of Eggs, and chop them all very fine together, pound a little Cloves, Mace, Nutmeg, and a little Spice, Salt, Limon-peel, and what quantity of Sugar and
Cur-

Carrans you think fit: Mix them well together, and make little Pasties of Puff-paste, and fry them in Hog's-lard to make them soak brown and yellow.

138. *Paste to fry.*

Take grated Bread and Curds, and two Whites of Eggs, and make it almost as thick as Paste; wet it with a little Cream, and make it into what Fashion you please; fry them in Butter as you did your Puddings: Make for Sauce, Butter, Sugar, Rose-water and Sack well beaten together; pour it upon them; send it.

139. *Cheese Loaves.*

Take Cheese-curd, grated Bread, Yolks of Eggs, Mace, Nutmeg, mix them well together, and sweeten it to your Taste with Sugar; then take some Stone-porringers, butter them, and put in the Curd; bake them, but not too much: When they are baked turn them out, and cut a little hole in the Tops, and put Butter in them; set them in the Oven again to rise, and colour them; serve them.

140. *Pippin Tarts.*

Take two small Oranges, pair them thin, and boil them in Water till they be tender; then shred them small, and pair twenty Pippins; quarter and core them, and put to them

them so much Water as will boil them till they are enough; then put in half a pound of white Sugar, and take the Orange-peel that is shred, and the Juice of the Oranges, and let them boil till they are pretty Thick; then set them by to Cool; make open Tarts, and put it in; set them in the Oven moderate Hot: Set them by for use.

141. To stew Pippins.

Take a Gallon of the best Pippins, pare and quarter them; cut out the Cores and stew them in a little Sack, and Rose-water; season them with a little beaten Cinnamon, Nutmeg and Sugar, and squeeze in a Limon; let them stew till they are very Tender; and when they are cold use them for Taffata-tarts, Madam.

142. Orange-Tarts.

Take Seville Oranges, grate a little of the out-side Rinds; slit them in Halves, and squeeze out the Juice into a China-dish, and throw the Peel into Water, change it three times a Day, for two Days; then have ready a skillet of Water; which must boil before you put your Oranges in; You must boil them in two Waters to take the bitterness away: When they are tender take them out and dry them in a Cloth; then beat it in a Stone-mortar till it's very fine; then take their Weight in refined Sugar, and boil it to
a Syrup,

a Syrup, and skim it clean before you put in your Pulp; then boil it all together till it looks clear, and when it's ready let it stand till it's cold, and then have ready some Puff-paste in Patty-pans, and put your Oranges in; and just before you put them in the Oven, make a hole on the Top of your Tarts, and put in the Juice and bake them in a quick Oven.

143. *Bean Tarts.*

Take Green Beans, boil them, and blanch them, then make Puff-paste, and put into Patty-pans; then put a Layer of Beans, and a Layer of all sorts of wet Sweet-meats, except Quinces; strow in a little Sugar between every Layer; then cover your Tarts, and make a hole on the Top, and put in a quarter of a Pint of the Juice of Limon: Put in Marrow seasoned with Cloves, Mace, Nutmeg and Salt, candied Limon and Orange-peel; and when they come out of the Oven, put into every Tart some White-wine, thickned up with the Yolk of an Egg, and a bit of Butter; and these Tarts are to be eat hot.

144. *Spinage Tarts.*

Take Marrow, Spinage, hard Eggs, of each a Handful, Cloves, Mace, Nutmeg, Limon-peel shred very fine; then put in as many Currans as you think fit, with Raisins stoned,

stoned, and shred, candied Orange and Citron-peel; sweeten it to your Taste; make Puff-paste, and make them into little square Pasties; bake or fry them.

145. *Tart de Moy.*

Make Puff-paste and lay round your Dish: then a Layer of Bisket, and a Layer of Butter and Marrow, and then a Layer of all sorts of wet Sweet-meats, or as many as you have, and so do till the Dish is full; then boil a quart of Cream, and thicken it with four Eggs, and a spoonful of Orange-flower-water, sweeten it with Sugar, and half an Hour will bake it.

146. *Set Custards.*

Take a quart of Cream, set it on the Fire; boil it with some broad Mace; when it's boiled set it to be cold; then take six Eggs, with half the Whites; beat them very well, and put in a spoonful of Orange-flower-water, or Rose-water, and put in a pound of Sugar; harden the Crust in the Oven, and stuff the Corners with brown Paper, and prick the bottoms with a small Pin, when you set them, and fill them; and when they are enough set them by for use.

147. *To make Custards.*

Take a quart of Cream, boil it with a blade of Mace; beat ten Eggs, leave out half the Whites;

Whites; take the Mace out, and sweeten it with Sugar; then beat in the Eggs with one spoonful of Sack, one spoonful of Orange-flower-water; sweeten it to your Taste, and put it into your Custard-cups, and let them but just boil up in the Oven; and if you boil the Eggs in the Cream all together, then you may put it in your Custard-cups, over Night, and they will be fit for use.

148. *Rice Custards.*

Take a Quart of Cream, boil it with a blade of Mace; then put to it boiled Rice, well beaten with your Cream; put them together, and stir them well all the while it boils on the Fire; and when it's enough take it off, and sweeten it to your Taste, and put in a little Rose-water; let them be cold, then serve them.

149. *Cheese-Cakes.*

Take a Quart of Cream, boil it; then beat the Yolks of two Eggs, and when the Cream is cold put in the Eggs, and put it on again, and boil it till it comes to a Curd, but not to Whey; then blanch Almonds, beat them with Orange-flower-water, and put them into the Cream with a little Naples-Bisket, and a little Green Citron, shred small, with Muskpumbs ground in the Sugar: Sweeten it to your Taste with good Sugar; rowl it out thin, and bake them, but let not your Oven be too hot.

150. *Cheese-*

150. *Cheese-Cakes, another way.*

Take two Gallons of New Milk, turn it with Runnet, that it may be a tender Curd; and when it's come and gathered, run it through a thin Strainer, and press out the Whey very dry; then beat the Curd with a pound of sweet Butter very well; then put to it twelve Eggs, with the Whites of six; season it with Cloves, Mace, Cinnamon, Nutmeg and Ginger, a little Salt and Rose-water, and what quantity of Currans you please, season it to your Taste with Sugar, with a Muskplumb or two ground in it: then bake them for Use.

151. *For the Paste.*

Take fine Flour, break in two Eggs, with three spoonfuls of Orange flower, or Rose-water, and fair Water mixed together, as much as will make it into a stiff Paste; then rowl it out thin, and put in the rest of the Butter; then make your Crust, and half an Hour will bake them; and you may venture to eat them.

152. *To pot Salmon.*

Take what piece you have; season it with Cloves, Mace, a little Salt and Pepper, two Bay-

Bay-leaves: Put it into a Pot with as much melted Butter as will cover it; then set it in the Oven with Manchet-bread; and when it's baked take it out of the Pot, and put it into the Pot you intend to keep it in, and pour the Butter, and clarifie it, and cover it very well; and if you find it's not seasoned high enough, season it higher; then put it into the other Pot; and the same way pot Trouts or Eels, only you must bone them.

153. *To pot Tongues.*

Take Neat's-Tongues out of the Pickle, when they have lain long enough to look red, cut off the Roots and boil them till they will Peel; then take your Tongues and season them with Salt, Pepper, Cloves, Mace and Nutmeg: Rub it into them well with your Hands when they be Hot; then put them into a Pot, and melt as much Butter as will cover them, and put them into the Oven and bake them; and when they are baked take them out of the Pot, and put them into the Pot you intend to keep them in; pour off all the Butter, and keep back the Gravy, and melt as much more as will cover it an Inch above your Tongues, and you may fill up the Sides of the Pot, with Chickens or Pigeons.

154. *To*

154. *To pot Lobsters.*

Boil the Lobsters till they will come out of their Shells; then take these, Tails and Claws, and season them with Mace, Salt and Pepper; then put them into a Pot and bake them with sweet Butter; and when they come out of the Oven, take them out of the Pot, and put them into a long Pot, and clarify the Butter they were baked in, with as much more as will cover them very well; set them by for use.

155. *To pot Beef like Venison.*

Cut a large veiny Piece of Beef into four Pieces; skin it and beat it with your Rowling-pin; then take two penny-worth of Salt-petre, the same of Sal-prunellæ; beat it very fine, and rub it well in with your Hands; lay it in a Tray for two Days; turn it once a Day, then take it out; season it with Salt and Pepper pretty high; then cut a little Beef-suet into long slices; season it with Salt and Pepper, and lay it in your Pot, then the Beef, and a top break into small pieces two pound of fresh Butter, tie it down and bake it with brown Bread; when it's bak'd take it out of the Pot with a skimmer, to drain the Gravy from it, and put it into a Mortar, and take out all the Skins and Veins, and beat it with a little of the Butter that you must skim off; then put it into
another

another Pot, and pour the Butter over it, keep back the Gravy; and if there is not Butter enough to cover it, clarifie as much as will cover it an Inch above the Meat; let it stand four Days in your Cellar before you cut it to eat; the same way pot Venison, only you must not beat it in a Mortar, and use black Pepper instead of white.

156. *To pot Pork.*

Take a Leg, or any fleshy piece of Pork, skin it and cut it out in pieces; beat it in a Mortar very fine; season it high with Salt and Pepper; shred a good handful of Sage, a handful of Rosemary; mix it together, and put it into a Pot to bake, with a pound of Butter, bake it with brown Bread, and when it comes out of the Oven, take it out with care, and drain it from the Gravy; then put it into a dry Pot, and press it down close and hard; Skim off all the Butter, and put to it, and clarifie as much more as will cover an Inch above the Meat: then wet Paper, cover it and set it in your Cellar: In four Days cut it.

157. *To make Sausages.*

Take a Loin of Pork, skin and bone it: then break the bones all to pieces, put them into Water enough to cover them, when they boil skim them clean, then season the Liquor with Salt, Pepper, a blade of Mace, Shalot,
G Onion,

Onion; and when all the Goodness is out of the Bones, take it out and strain it, and let it be cold, then shred your Meat very fine, season it with Salt, Pepper, beaten Cloves and Mace, a handful of Sage, a little Rosemary, a handful of Spinage to make them look Green; then mix them together with the Yolks of three Eggs, with as much of the Liquor as will make it pretty moist, then rowl up one of them in Flour, and fry it, to see if it's seasoned to your Mind; if not, season as you like them; and if they are not to keep, shred in a few Oysters with their Liquor, and fill them.

158. *To pot Fowls.*

Pick them clean, and singe them with white Paper: Dry them with a Cloth; don't wash them; if you do, they won't keep; then season them with Salt, Pepper, Cloves, Mace and Nutmeg, beaten and mix all together: Let them stand twenty four Hours; then place them in the Pot, with their Breasts downwards: Strow over them some whole Cloves and Mace; then pour as much melted Butter as will cover them; tye them down close, and bake them; and when they are baked enough, let them stand a little, and then drain the Gravy from them; then place them in another Pot, with their Breasts upwards; fill their Crows with Butter, pour off all the Top of the Butter, keep back the Gravy,

Gravy, and the things in the bottom, and let your Butter be an Inch above your Fowls, six Ducks will endure two Hours baking, and other Fowls, more or less, according to their bigness; then set them in your Cellar for use.

159. *To pot Pigeons.*

Pick them very clean, wipe them with a clean Cloth, don't wash them; season them with Salt and Pepper; rowl up a piece of Butter in the seasoning, and put in their Bellies; six Pigeons will take up a pound of Butter; place them in the Pot, with their Breasts downwards; dridge them with Flour before you put them in, and tye them down close; and when they are baked take them out, and put them in another Pot, with their Breasts upwards, keep back the Gravy; and if you have not Butter enough, clarifie as much as will cover them; set them in your Cellar.

160. *To pot Hare.*

Take a Hare, wash him clean, dry him well from the Blood, with a Cloth; cut him into quarters; season him with Salt, Pepper, Cloves, Mace and Nutmeg: Put it in a Pot with a pound of Butter, and two Bay-leaves, and when it comes out of the Oven take out the Bones, and put it in a Mortar, and beat it fine, and pour the Butter from the Gravy,

and mix it all together with your Hands, and put it into a glazed Venison-pot, that you intend to serve it to the Table in; press it down close, and clarifie as much Butter as will cover it an Inch above your Meat; set it by for use.

161. *To collar Beef.*

Take a large Flank of Beef, beat it with your Rowling pin to make it lie flat, and even; cut it smooth, and take out all the Gristles, and Veins; then take one Ounce of Salt-petre, the same of Sal-prunellæ; beat it small, and take a quarter of a pound of brown Sugar: Mix them together, and rub it in well with your Hands; then lay it in a Tray, and sprinkle it once a Day with Pump-water; let it lie three Days; then season it with Salt, Pepper, Nutmeg, and all sorts of sweet Herbs, a good deal of Sage, one Sprig of Rosemary; cut them, and throw it over the Collar; then rowl it up hard and close like a Collar of Brawn, and bind it about with course Tape very tight, and put it into Water enough to cover it; season it with Salt, Pepper, and a little whole Mace, a bundle of sweet Herbs, two Bay-leaves, an Onion; and when it's baked, rowl it up hard in a course Cloth, and let it lie till next Day, and then you may eat it if you please: Or, you may keep it in the Liquor it was baked in; when it's cold take off the

the Fat, and boil it with more Water; and if it's not seasoned high enough, season it higher; set it to be cold; then put your Beef into a long Pot, and cover it with the Pickle; and if you keep it a pretty while, boil up the Pickle as you find occasion.

162. *To collar a Breast of Veal.*

Take a large Breast of Veal; bone it, and take out all the Gristles; then take Sage, Thyme, Marjoram, Savory, Chives, a little Limon-peel; shred them small, and mix them with Salt, Pepper, Nutmeg, three hard Eggs, hacked small; cut your Meat to make it lie flat, and even; bone five Anchovies with four Ounces of Bacon; slice it thin, and lay with the Anchovies up and down your Meat, and strow your Seasoning and Herbs upon it, and shred some Marrow and Beef-suet together, and mix with the other Ingredients, and rowl it up hard, and tye it with coarse Tape, and cut it into three Collars; tye them severally in clean Cloths very tight and hard at both Ends; then make your Pickle as follows.

Your Pickle thus.

Set on a Pot with half Milk and Water, and put in the Veal-bones, with a bunch of sweet Herbs, Mace, Nutmeg, Salt and whole Pepper, and a Bay-leaf; when all these are boiled well, till all the Goodness

is out, take out the Bones, and put in the Collars, and let them boil tender; then take them out and tye them up hard in clean Clothes, and hang them up till they are cold: then skim off all the Fat of the Pickle, and when they are boiled enough, and the Broth cold, put them in and boil up the Pickle, as you find occasion; eat it with Oil and Vinegar beat up thick together, or the Juice of a Limon, and Pickles as you please.

163. To collar Pig.

Take a fat Pig, cut off his Head, and chine him down the Back, and take out all the Bones, and Gristles; take care you don't cut the Skin; then lay it in Spring-water one Night, the next morning dry it in a Cloth, and cut each side asunder; season it with Salt, whole Pepper, Nutmeg, and a little beaten Mace, a little Sage, Rosemary, and Limon-peel; rowl them up hard in a Cloth, and the souse Drink is Bran, Milk and Water; strain out the Bran, and skim off all the Fat, and let your Collars be cold before you put them in.

164. To Collar Eels.

Skin them and rip up their Bellies, and take out their Guts and Bones; then season them with Salt, Pepper, Nutmeg, Limon-peel and sweet Herbs, and rowl them up hard

hard in course Tape; then put on a Pot of Water, so make your Pickle, and put in the Bones of your Eels, with Salt, Pepper, and a bunch of Herbs, three Bay-leaves, a Sprig of Rosemary, and boil them, but not too much; boil some Syder in the Pickle; and when you take them up tie them close, and hang them up to be cold; and when the Liquor is cold, skim off all the Fat, and put in the Collars; boil up the Pickle now and then, as you find occasion, and eat it with Oil and Vinegar beat up thick together, or the Juice of Limon, Pickles, or what you please.

THE PICKLES.

165. *To pickle Melons, or great Cucumbers.*

Take the largest and greenest Cucumbers; cut a piece in their Sides the length of your Cucumbers, take out their Seeds and drain them well; then put into them some Cloves, Mace, whole Pepper and Mustard-seed bruised a little; then peel three Cloves of Garlick, the same of Shalot, with some Ginger sliced thin, according to the quantity, and put in a little Salt; then lay the piece on again that you cut out, and tye it fast and close with Packthread; then put them into as much White-wine Vinegar as will cover them very well; and put in a good deal of made Mustard, and a Bay-leaf, with Salt, according to the quantity you make; let
G 4 them

them lie in the cold Pickle nine Days: Then put them into a Brass-kettle, and set them over the Fire to green; stowe them down close, and let them have a boil or two; then take them off and stowe them down very close, and let them stand to green; then set them on again, and so do till they are very green; then take them out, and boil up the Pickle, and pour it over them scalding-hot; then cover your Pot, and tye it down close with Leather: You may eat them next Day, or you may keep them a Year.

166. *To pickle Wall-nuts.*

Take Wall-nuts when you can just thrust a Pin through them; then make a Pot of Water boil; take it off, let it cool a little; then put in your Wall-nuts, let them lie seven Days; then make a Pot of Water boil, and put them in; let them boil a quarter of an Hour: then wipe them dry, and put them into as much White-wine Vinegar as will cover them two Inches above the Nuts; then put in Cloves, Mace, Nutmeg and Ginger, whole white Pepper, Mustard-seed bruised, seven Cloves of Garlick, the same of Shalot, according to the quantity you make, all peeled; a Nutmeg cut into quarters; put all these together, and let them stand in the cold Pickle nine Days; then pour the Pickle from them; boil it up and set it by to be cold; then put in your Nuts, and tye them down

down close with Leather; Set them by for use.

167. To pickle French-beans.

Take French-beans when they are very young, top and tail them; put them into the best White-wine Vinegar, with Salt, and a little whole Pepper, a Race of Ginger, cut gross; let them lie in the cold Pickle nine Days; then boil your Pickle in a brass Kettle, and put your Beans in, let them but iust have a boil; then take them off the Fire, stowe them down close, set them by; then put them on again; so do six times, till they are as green as Grass; then put them into an Earthen-pot; tye it down close with Leather, and they will keep all the Year. The same way you may do Cucumbers, Parsly-stalks; and if they do change Colour, boil up the Pickle and pour over them scalding-hot.

168. To pickle Cawly-flowers.

Take the whitest and closest Cawly-flowers; cut them the length of your Finger from the Stalks; then boil them in a Cloth, with half Milk and Water, don't boil them tender; then take them out carefully, and set them by to be cold; then take the best White-wine Vinegar, Cloves, Mace and Nutmeg, cut into quarters; a little whole white Pepper, and a Bay-leaf; so let these boil well

well in the Vinegar, and set them to be cold; then put in your Cawly-flowers, and in three Days they will be fit to eat. The same way pickle white Cabbage-stalks, young Turneps; pare them pretty thick, and cut them the bigness of Mushrooms.

169. *To pickle Plumb-buds.*

Take Salt and Water, boil it together; then put in your Plumb-buds, and boil them not tender, then strain them from the Water, and let them be cold; then take what quantity you think fit of White-wine Vinegar, and boil it with two blades of Mace, and a little whole Pepper, then put them into the Pickle, and let them stand nine Days, then scald them in a brass Kettle, six times, till they are as green as Grass; take care they are not soft; tye them down with Leather: The same way pickle Elder-buds, and they are very pretty.

170. *To pickle Mushrooms.*

Take the Button-Mushrooms, wipe them clean with a piece of Flannel, and throw them into half Milk, and half Water, then set on your Preserving-pan, with half Milk and Water, and when it boils put in your Mushrooms, and let them boil up quick for half a quarter of an Hour, then pour them into a Sieve, let them drain till they be cold, then make your Pickle of the best
White-

White-wine Vinegar, put in Mace, Long-Pepper, a Race of Ginger boiled in it, and when it's enough, cut a Nutmeg into quarters, and put in it, and let it stand till it's cold, then put it into a Glass, and pour a little of the best sweet Oil you can get to preserve them, tie it down with Leather, set it by for use.

Another excellent Way to pickle Mushrooms.

Put your Mushrooms into Water, and wash them with a Sponge, (put them in Water as you do them) then put Water and a little Salt, when it boils put in your Mushrooms, and when they boil up skim them clean, and put them into cold Water, and a little Salt, let them stand twenty four Hours, and put the Water from them, and put them into White-wine Vinegar, and let them stand a Week; then take your pickle from them, and boil it very well, put some whole Pepper, Cloves, Mace, and a little all Spice; when your pickle is cold, put it to the Mushrooms, and keep them close stoppt, or tyed with a Bladder to keep the Air from them, or else they will be apt to mother; if they do mother you must boil your Pickle again; If you please you may make your Pickle half White wine,

171. *To pickle Asparagus.*

Take a hundred of the largest Asparagus, cut off the White at the Ends, and scrape them lightly to the Head, till they look green, wipe them with a Cloth, lay them in a broad Gally-pot, very even, throw over them two Penny-worth of whole Cloves and Mace, a little Salt, put in as much White-wine Vinegar as will cover them well, for all Pickles do waste in standing: Let them lie in the cold Pickle nine Days, then pour the Pickle out into a brass Kettle, and let it boil, then put it in, and stowe them down very close, set them by a little, then set them over again till they are very green, take care they don't boil to be soft, then put them in a large Gally-pot, place them even; tye them down with Leather.

172. *To pickle Samphire.*

Take Samphire, and pick it, and lay it into Salt and Water for two Days, then take it out and put it into a Brass-pot, and cover it with the best White-wine Vinegar very well, for it will waste mightily, having it over a slow Fire; cover it very close, let it hang till it's very green, and crisp, but not tender nor soft, then put it up, and tye it down close with Leather: The best time to do this in, is the Month of *May*; then it's in high Season.

173. *To*

173. *To pickle Barberies.*

Take Barberies, pick out some of the worst to make the Pickle look red; put in Bay-salt, and White-salt, to make it strong enough to bear an Egg: then strain the Liquor into the Pot you intend to keep them in; and when the Liquor is cold, put in the Barberies, with as much White-wine Vinegar as you think fit, with half a pound of brown Sugar, tye them down close with Leather; set them by for use.

174. *To keep Artichoke-bottoms.*

Take Artichokes and throw them into Salt and Water, for half a Day; then make a Pot of Water boil, and put in your Artichokes, and let them boil till you can just draw the Leaves from the Bottoms: then cut out the Bottoms very handsome, and smooth; then put them into a Pot with Salt, Pepper and Vinegar, a few Cloves, two Bay-leaves; then pour some melted Butter over them, enough to cover them, then tye it down close for use: Then put them into boiling Water, with a piece of Butter in the Water, to plump them; then use them as you please.

175. *To dry Artichoke-bottoms.*

Order them as the others; only instead of Putting them into Pickles, lay them on Sieves, and

and set them in an Oven after Household-bread is drawn; so dry them well: When you use them put them into boiling Water, with a piece of Butter to plump them.

176. *To keep green Pease.*

Take young Pease, shell them, and put them in the Pot when it boils; let them have two or three boils; then spread a Cloth on your Table, and dry them very well in it; then have your Bottles ready dried, and fill them to the Necks, and pour over them melted Mutton-fat, and cork them down very close, that no Air can come to them; set them in your Cellar; and when you use them put them into boiling Water, with a Spoonful of good Sugar, a good piece of Butter; and when they are enough drain them and shake them up thick; at *Christmas* you may venture to eat them.

177. *To keep Goosberries.*

Take the largest *Dutch* Goosberries at full growth; before they change Colour; top and tail them, don't cut them too close; then put them into wide-mouthed Glass-bottles, which must be very dry; stop them down, and put them into a Kettle of cold Water; let it heat leisurely; and when you think the Goosberries are scalded thoroughly, take them out; and when they are cold, knock in the Corks, and seal them down close, that they

they take no Air; then make use of them for Tarts, or what you please.

178. *Damsons* are done the same way, only you must put them into Stone-bottles; and if you put them into a great Pot, cover them over with clarified Mutton-fat; set them by for use.

179. *To pickle Cucumbers.*

First wash your Cucumbers; then put them into a Rundlet with one End, and head it up close: Take Water and Salt and stir it together, till it will bear an Egg; then boil it and skim it very well, and put it into your Vessel boiling-hot, and so let it stand three Weeks: Then open the Head of your Vessel, and take out the Cucumbers clean from the Water, and put them into another Vessel. At the Bottom whereof lay some Dill, Fennel, and *Jamaica-Pepper*, and a little Allom, which will make them crisp; and strow some of these Ingredients among them; then head up your Vessel again; put in boiling Vinegar, and let them stand a Week: And if you find they are not Green enough, you must boil the Vinegar again; put it to 'em and stop your Vessel close.

180. *A very good Sauce for roast Venison.*

Take one Glafs of Claret, one Glafs of fair Water, one Glafs of Vinegar, one large Onion stuck full of Cloves, one Spoonful of whole Pepper, one of beaten Pepper, and one of Salt; boil all together with some Anchovies; strain the Liquor through a Sieve, and serve it up with the Venison.

Bills of FARE,

Proper for most Months in the Year.

JANUARY.

1.

CRaw-fish Soop.
Mutton forced.
Boiled Geese.
Hanch of Venison roast.
Frigasee of Rabbets.

2.

Capons roast.
Kidney-beans.
Hanch of Venison roast.
Frigasee of Rabbets.
Butter'd Crabs.

1.

Geese Alamode.
Boiled Mutton with
Colly-flowers.
Pigeon-pye.
Roast Lamb.
Pork Roast.

2.

Rabbets Roast.
Pease.
Stewed Pippins.
Potted Venison.
Skirret Fritters.

FEBRUARY.

1.

Scotch Collops.
Lamb roast.
Egg-pye.
Mutton boiled.

Bacon Froise.

2.

Green-Geese.
Rasberry-Cream.
Rabbets roast.

H

Collar'd

Collar'd-Beef, or Veal.
Cold Ham.

1.

Fibblets stewed.
Veal Collops.
Mutton roast.
Rice-pudding.
Beef boiled.

2.

Chickens and Rabbits
roast.
Goosberry Tarts.
Pease.
Strawberries and Cream.
Cold Salmon.

1.

Pigeons and Bacon.
White Frigafée of Chick-
ken.
Lamb roast.
Dish of boiled Puddings.
Boiled Pork.

2.

Ducks roast.
Apple-pye and Cream.
Asparagus.
Chicken-pye.
Sturgeon.

1.

Geese Alamode.
Mutton boil'd.
Lamb-pye.
Veal roast.
Fibblets stewed.

2.

Three Chickens, three
Rabbits roast.
Pease.
Coddling-tart and Cream.
Cold Tongues,
Salmon boiled and pic-
kled.

1.

Brown Soup.
Large Dish of Fish.
Ragout of Veal.
Bread Pudding.
Leg of Mutton roast.

2.

Eels spitchcockt with
Smelts.
Shourdens.
Herrings and Toasts.
Sturgeon.
Butter'd Apple-pye.

MARCH.

1.

Asparagus Soup,

Boiled Veal and Bacon.
Apple-pudding.

Lamb

Bills of FARE.

99

Lamb roast.

2.

Pigeons roast.

Omlet of Eggs.

Oysters in Shells.

Spinage-pasty.

1.

Griskins of Beef.

Hogs puddings.

Lamb in Joints.

2.

Rabbets and Chicken.

Salamongundy.

Shred Venison.

Lamb - stones, Sweet-
breads, Artichoke-
bottoms ragowed.

1.

Turkeys and Marrow-
bones.

Chicken frigafeed.

Stake-pye.

Veal roast.

2.

Roast Lamb.

Pease.

Wafers.

Tarts.

MAT, JUNE and JULY.

1.

Boiled Veal and Bacon.

Lamb frigafeed.

Mutton roast.

Chicken-pye.

Beef boiled.

2.

Rabbets roast.

Chine of Salmon.

Goosberry-fool.

Tarts.

Cold Tongues.

1.

Pease-soop.

Leg of Mutton and

Colly-flowers.

Veal Cutlets.

Beef roast.

Carrot-pudding.

2.

Ducks roast.

Artichokes.

Chickens roast.

Cheese-cakes.

Collar'd-Beef or Pig.

1.

Beef Royal.

Pigeons and Bacon.

Lamb-pye.

Roast Veal

Italian-pudding.

2.

Partridges roast.
Kidney-beans.
Craw-fish in Jelly.
Pig's Petty-toes.
Collar'd-beef.

1.

A Pottage.
Mutton boiled.
Fruit-pudding.
Phillet of Veal roast.

2.

Green-Geese roast.
Pease.
Goosberry-Tart.
Cold Tongues.

1.

Pike drest with Oysters.
Bread-pudding.
Mutton Cutlets.
Shoulder of Veal stufst.

2.

Wild Pigeons.
Petty Portoons.
Pullets forced.
Apple-pye.

1.

Pullets Pellone.
Limon-pudding with
Pan-cakes.
Collops half larded.
Mutton in Cutlets.

2.

Lambin Joints.
Pease.
Salmon or Gudins.
Tansey with Fritters.

1.

Pullets Alamode.
Carrot-pudding.
Lamb-pye sweet.
Mutton roast.

2.

Turkeys with Eggs.
Morrels and Artichokes.
Collar'd Pig.
Almond-Tarts.

1.

Boiled Beef.
Veal Cutlets.
Mutton roast.
Fruit-pudding.

2.

Ducks roast.
Pease.
Tongues.
Cold Sallets.

1.

Pike roast.
Mutton boiled.
Potata-pye.
A Phillet of Veal stufst.

2.

Chicken roast.

Tansey.

Tansey.
Oysters in Shells.
Potted Eels.

1.

Pottage with Rice.
Almond-pudding.
Green-fish with Eggs.
Mutton roast.

2.

Turkeys stufft and larded.

Roast Sweet-breads.

Collar'd Pig.

Tart De-moy.

1.

Beef Alamode.
Lamb frigafeed.

AUGUST.

Pottage A-la-Rein.

Partridge-Pye.

Pottage Sante.

Fish.

Fish.

Pigeons marrownate.

Turkey dob'd.

Veal-cutlets ragon'd.

Marrow-pudding.

To remove.

Venison roast.

Neck of Veal in Cutlets.

Mutton roast.

2.

Rabbets roast.

Collar'd-beef.

Eggs in Gravy.

1.

Pease-soop.

Salt-fish with Eggs.

Breast of Veal collar'd.

Pigeon-pye.

2.

Green-Geese.

Pan-cakes.

Parsnips butter'd.

Sturgeon.

Chine of Mutton and Collops.

Second Course.

Disb of Plates. { Fowl.
Peach-fritters.
Mushrooms.
Tart.
Morrels.
Solamongundy.
Fowl.

Soals.

Craw-fish.

H 3

Oyster.

Oyster-loaves.
Sweet-breads.

Artichokes.
French-beans.

SEPTEMBER.

1.
A Pottage.
Boiled Fish.
An Olive-Pudding.
Mutton roast.

2.
Roast Chicken.
Scarrots boiled.
Tart De-moy.
Calf's Liver larded.

1.
Calf's-head hashed.
Salmon boiled.
Lamb in Joints.
Marrow-pudding.

2.
Roast Geese.
Almond Puffs.
Rabbets roast.
Asparagus.

1.
Bacon and Chicken.
Lamb frigafeed with
Artichokes.
Petty of Sweet-breads
and Livers.
Mutton roast.

Wood-cocks with Toast.
Marrow-pudding.
Spinage-Tarts.
Forced-Trouts.

1.
Lamb with Spinage.
and Goosberries.
Bread-pudding.
Griskins of Beef.
Shoulder of Mutton.

2.
Pullets with Eggs.
Lapives.
Potted Partridge.
Almond-Tarts.

1.
Chicken and Rabbet
roast, and Calf's-head
hashed.
Asparagus.

Potted Eels.
Cheese-cakes.

2.
Beef Lorreine.
Turkeys boiled with
Tarts.

Pett

Petty Portions.

Mutton Cutlets.

1.

*Two Pullets stufst with
Oysters.*

Lamb in Joints.

Clary in Cakes.

Trotter-pye.

2.

Calf's-head hashed.

Petty of Pigeons.

*Mutton Collops
ed, or a Pig.*

Roast-beef, Thi

be before th

ken and Rabb

OCTOBER.

1.

Cod's-head boiled.

Mutton boiled.

Pigeon-pye.

Pike-roast.

1.

Veal ragoued.

Rabbets frigafseed.

A Marrow-puddin.

Salamongundy.

2.

Lamb in Joints.

Ragou of Sweet-breads.

Stewed Pippins.

Potted Eels.

2.

Turkeys with Eggs.

Oyster-loaves.

Potted woodcocks.

Apple-pye.

1.

Soop-major.

*Oatmeal-pudding re-
move.*

*Salmon petty, fresh
Carp.*

Neck of Veal.

1.

*Pigeons boiled with
Bacon.*

Limon-pudding.

*Sheep's-Tongues fri-
seed.*

Beef boiled.

2.

Ducks or Partridges.

Oat-cakes fried.

Oysters scoloped.

*Primrose-leaves friga-
seed.*

2.

Chicken roast.

A Tansey.

Roast Sweet-breads.

Potted Eels.

H 4

1.

1.

Forced Tongues.

Fried Fowls.

Fruit roast.

Fruit-pye.

2.

Lamb roast and lar-

Berry-tarts.

Loin of Lamb-stones.

Fried Eels or Trouts.

1.

Pike roast.

Calf's head.

Apple-pudding.

Roast Tongues.

2.

Lamb roast.

Pan-cakes.

Collar'd-beef.

Sturgeon.

NOVEMBER.

1.

Lamb boiled with

Whitings.

Rabbits frigafeed.

Loin of Veal roast.

Loin of Venison.

Beans and Bacon.

2.

Lamb roast.

Loin of Salmon boiled

with Fennel.

Loin.

Tongues.

Black Caps.

1.

Boiled Rabbits with

Turnips.

Loin-cutlets.

Loin of Venison roast,

1.

Chicken & Gooseberries.

Lamb frigafeed.

Fawn roast.

Pudding baked.

Loin of Veal roast.

2.

Rabbits roast.

Asparagus.

Tarts.

Pan-cakes.

Col.

Collar'd

Hog's head

Chicken

Leg of

Loin of

Sweet

Frigafeed

Green

A Head

Larks

Nests

Sturgeon

Lamb

Loin

Past

Mare

Fillet

Roast

Turn

Tart

Pea

Cold

Str

Veal

Collar'd beef.

1.

Dog's head boiled with
Chicken.

Leg of Mutton forced.

Loin of Veal roast.

Sweet Lamb-pye.

Frigasee of Rabbits.

2.

Green-Geese.

A Hedge-hog.

Larks roast.

Nests-Tongues.

Sturgeon.

1.

Turkeys boiled with
Marrow-bones.

Frigasee of Trouts.

Loin of Veal roast.

Bacon Frigasee.

Mutton in Culets.

2.

Green Geese.

Roast Sweet-breads.

Pig's Petty-toes.

Cold Tongues.

Strawberries and
Cream.

DECEMBER.

1.

Lamb boiled with Spi-
nge.

Past of Venison.

Marrow-pudding.

Libet-pye.

Roast Mutton.

2.

Tureys roast.

Pam.

Pea.

Cold Tongues.

Strawberries and
Cam.

1.

Veal agoued.

Mutton boiled.

Beef roast.

Orange-pudding.

Chicken frigasee.

2.

Lamb roast.

Salamongundy.

Rabbits roast.

Goosberry-fool.

Sturgeon.

1.

A Pottage.

Lamb forced remove.

Pike roast, Westphalia-
Ham.

Lamb-pye and Pigeons.

Mutton

Mutton roast.

2.

Ducks roast.

Cheese-cakes.

Pease.

Rabbets roast.

Lobsters and Crabs.

1.

Lamb's-neck *Alamode*.

Leg of Veal and Bacon.

Spinage-pudding.

Griskins of Mutton.

Sallets of Pickle.

2.

Roast Lamb.

Kidney-Tarts.

Veal collar^d.

Rabbets roast.

Gustards in Pots.

1.

Mutton stewed.

Lamb's-head boiled.

Veal roast.

Rabbets frigafeed.

Beef boiled.

2.

Chickens roast.

Apple-fritters.

Potted-beef.

Roast Lamb.

Salamongundy.

How

1. How to make a good stiff Cake.

Take a quarter of a Pound of Flour dry'd in an Oven, put into it a little Cloves, Mace, Nutmeg and Salt; then wet it with one pound of Butter, one pint of Cream; melt it together; beat it very well with a pint of Barm, ten Eggs, leave out half the Whites, a Glass of Sack, a little Rose-water; mix it up very soft; then lay it by the Fire to rise; then work in three pound of Currans, four Ounces of Orange-peel, and Citron candied, three pound of Sugar; bake it in a Hoop, and paper the Hoop, and butter the Paper before it goes into the Oven; Ice it over with three Whites of Eggs; froth it with a Rosemary-sprig; put in half a pound of Sugar beaten in a Mortar; just set it into the Oven again to harden.

2. How to make Shrewsbury cakes.

Take two pound of Sugar, two pound of Flour, a few Carraway-seeds; take good sweet Butter; beat it with your Hand till it becomes like Cream, a very little Barm; mix it like a Paste, and make it into little thin Cakes; they will bake in a quarter of an Hour.

3. How

3. *How to make a good Seed-cake.*

Take a quarter of a Peck of Flour, two pound of Butter beaten to a Cream, a pound and three quarters of fine Sugar, one Ounce of Carraway-seeds, three Ounces of candied Orange-peel and Citron, ten Eggs, leave out half the Whites, a little Rose-water, a Glass of Sack, a little Cloves, Mace and Nutmeg, a little new Barm, and half a pint of Cream; mix it up and lay it by the Fire to rise; then bake it in a Hoop, and butter your Paper: When it is baked, Ice it over with Whites of Eggs, and Sugar, and set it in again to harden.

4. *How to make very good Cakes.*

Take half a Peck of fine Flour, five pound of Currans, one pound of Carraway-Comfits, half a pound of Marmalade of Oranges, a dozen Eggs, leave out half the Whites, one pound of Butter, half a pint of Sack, a little Rose-water, Cloves, Mace and Nutmeg; mould them together with a little new Ale-yeast, and as much Cream as will make them up into Cakes; then Ice them with Sugar and Whites of Eggs, and bake them in a gentle Oven.

5. *How to make Fumbals.*

Take a pound of fine Flour, and as much white Sugar; mix them into a Paste with the

the beaten Whites of Eggs; put to the Paste a pound of blanched Almonds well beaten, and half a pound of sweet Butter: add half a pint of Cream, and so mould it all well together, with a little Rose-water; shape them into Forms, and bake them in a gentle Oven.

6. How to make Macaroons.

Take one pound of white Sugar, one pound of blanched Almonds, and a little Rose-water; beat them in a Mortar; put in a little Flour, and put it in a Pewter-dish over a Chafing-dish of Coals; stir them till they come clear from the Dish; put in a Grain of Musk; then lay them on buttered Papers, longish: Ice them over with Loaf-sugar.

7. How to make Bisket-drops.

Take one pound of Sugar, four Yolks of Eggs, and two Whites, a little Sack, and beat it well together one Hour; and when the Oven is ready put in a few Seeds, and one pound of Flour, and beat them well together; then butter Paper and drop it on; then put them in a gentle Oven, and as you set, Ice them with fine Sugar.

8. How to make Biskets.

Take one pound of fine Sugar, eight Eggs, some Sack, a little Rose-water; beat them one Hour till the Oven is ready; put in one pound

pound of Flour, and half an Ounce of Coriander-seeds; beat it well together; butter your Pan, and put it into the Oven half an Hour; then turn it, and brush it over the Top with a little of the Eggs, and Sugar, that you must leave out at first, and set it in again a quarter of an Hour.

9. *How to make very good Ginger-bread.*

Take three quarts of Flour, two pound of Treacle, half a pound of Sugar, two Ounces of candied Orange-peel, and Limon, one Ounce of Ginger and new Spice together; Mix these all together as stiff as it can well be made; bake it in an Oven with white Bread.

10. *How to make French-bread.*

Take one quart of Flour, three Eggs, a little Barm, and a little Butter; mix them with the Flour very light, with a little new Milk warm'd; then lay it by the Fire to rise; then make it into little Loaves; flour it very well, and bake it in a quick Oven.

11. *To make Quiddany of Plumbs, Apples, Quinces, or any other Fruits.*

Take a Quart of the Liquor of preserved Fruit, and add a Pound of the Fruit raw, separated from the Stone, Rind or Core; boil it up with a Pound of Sugar, till it will stand upon a Knife-point like a Gelly.

12. *To make a Conserve for Tarts of any Fruit that will keep all the Year.*

Take the Fruit you intend to keep, peel off the Rind, and remove the Stone or Core; then put 'em into a Pot, and bake them with a small quantity of Water and Sugar; being baked, strain them through a strong Cloth; and adding Cinnamon, Sugar and Mace very finely searced; boil them on a gentle Fire, till they become as thick as a Gelly; and then put them up in Pots or Glasses stopped close, and they will have their proper Taste at any Time.

13. *How to preserve Medlars.*

Take the Fruit and scald in fair Water, till the Skin may be easily taken off; then stone them at the head, and add to each pound a Pound of Sugar, and let them boil till the Liquor become ropy, at that time take them off and set them by for Use.

14. *To make Sweat-meats of any Apples.*

Make your Jelly of those that are most soft and pleasant; then cutting other Apples round-ways, put them into a Glass or Pot, and let them stand six Days; then boil them with the Addition of a quarter of a Pound of Sugar to a Pound of Liquor, not breaking, but seasoning them farther with the Juice of Limons, Oranges, Cloves, Mace, and perfuming them with a Grain of Musk.

15. *How*

15. *How to preserve Mulberries.*

Strain two quarts of the Juice of Mulberries, and add to it a Pound and half of Sugar; boil them together over a gentle Fire, till they become in a manner a Syrup, then put it into three Quarts of Mulberries, not over ripe; and after they have had one boil take them out, and put them together with the Liquor into an Earthen-vessel; stop them close, and keep them for your Use.

16. *How to preserve Goosberries.*

Take them before they be over ripe; cut off their Stalks, and Tops: And if you have leisure, stone them; then laying in a Earthen-vessel a Layer of Sugar, lay upon it a Layer of Goosberries, and so do between every Lay, till your Vessel is almost full; then add about a pint of Water to six pound of Goosberries; and the Goosberries having before been scalded, set them in this manner over a gentle Fire, and let the Sugar melt; when being boiled up, you must stop them up for your Use.

17. *To preserve Cherries.*

Take your Cherries when they are in the prime, and scattering some Sugar and Rose-water in the bottom of your Preserving-pan, put them in by Degrees, still casting in your Sugar, remembering you put an equal weight
of

of either; and being set on a quick Fire, you may add a Pint of White-wine if you would have them plump, and when you find the Syrup boiled up sufficiently, take them off, and put them into your Gally-pots for Use.

18. *To preserve green Walnuts.*

Observe to gather them on a dry Day before they have any hard Shell; boil them in fair Water, 'till they have lost their bitterness; then put them in cold Water, and peel off their Rind, and lay them in your preserving-pan, with a Layer of Sugar to the weight of the Nuts, and as much Water as will wet it; so boil them up over a gentle Fire, and again being cooled do it a second time, and put them by for your use; this way Nutmegs, when in their Green Husks, are preserved.

19. *How to preserve Apricocks.*

Observe when they are moderately ripe, to pare and stone them, laying them a Night in your Preserving-pan amongst Sugar it being laid in Lays: and in the Morning put a small quantity of fair Water or White-wine, and set them on Embers, and by increasing a gentle Fire melt the Sugar: when being a little scalded take them off, and letting them cool set them on again, and boil them up softly 'till they are tender and well coloured, at that time take them off; and when they

are cool put them up in Glasses or Pots for your Use.

20. *To preserve Green Pippins.*

Observe to gather them on a dry Day, before they are too ripe, chusing the Greenest; pare them, and boil 'em in Water 'till they are exceeding soft; then take out the Cores, and mingle the Pulp with the Water, ten Pippins, and two pound of Sugar, being sufficient to boil up a Bottle of Water; and when it is boiled to a thickness, put in the Pippins you intend to preserve, and let them boil 'till they contract a Greener Colour than natural, and in this manner you may preserve Plumbs, Peaches, Quinces, or any thing of that kind, that you have a desire to have green and pleasant.

21. *How to preserve Barberries.*

Observe you gather the fairest Bunches, in a dry Day, and boil several Bunches in a Pot-
tle of Claret 'till they are soft: Strain them, then add six pound of Sugar, and a quart of Water; boil them up to a Syrup, and put your Barberries scalded into the Liquor, and they will keep all the Year round.

22. *How to preserve Pears.*

Observe that you gather them that are sound, not over ripe, and lay at the Bottom of an Earthen-pan a Laying of Vine-leaves, lay
lay

lay another Laying of Pears upon them, and so do 'till the Pot is full; then to a Pound of Pears, add half a Pound of Sugar, and as much fair Water as will dissolve it over a gentle Fire, where suffering them to boil 'till they are somewhat soft; then set them by for Use.

23. To preserve black Cherries.

Pluck off the Stalk, of about a Pound, boil them in Sugar and fair Water, 'till they become thick like a Pulp; then put in your other Cherries, with Stalks, remembring you put half a Pound of Sugar to every Pound of Cherries; when finding the Sugar to be boiled up to that thickness, that it will rope, take them off and set them by using them as you see convenient.

24. To preserve Eringo Roots.

Take of the Roots that are fair, two Pound; wash and cleanse them; then boil them over a gentle Fire very tender; after that, peel off the outmost Rind, but beware of breaking them; after they have lain a while in cold Water, put them into your Sugar boil'd up to a Syrup, allowing to each Pound of Sugar three quarters of a Pound of Roots; which boiling a short time over a gentle Fire, you may set by to cool, and then put them by for Use.

25. To conserve or keep any sort of Flowers, as *Roses, Violets, Cowslips, Gilly-flowers, and such.*

Take your Flowers well blown, and clean pick'd; bruise them very small in a Mortar, with three times the weight of Sugar; after which take them out and put them into a Pipkin; and having thoroughly heated them over the Fire, put the Conserves up in Gallypots for Use.

26. To conserve Strawberries.

Strain them being first boiled in fair Water, and boil the Pulp in White-wine and Sugar, as much as is convenient to make them stiff; and thus you may conserve any sort of Fruit; the difference not being great between this, and making Fruit-paste; of which I shall speak hereafter.

27. How to candy Ginger.

Take the fairest Pieces, pare off the Rind, and lay them in Water twenty four Hours; and having boiled Double-refined Sugar to the height of Sugar again: when it begins to be cold put in pour Ginger, and stir it 'till it is hard to the Pan; Then taking it out piece by piece, lying it by the Fire; and afterwards put it into a warm Pan, and tye it up close, and the Candy will be firm.

28. *To candy Cherries.*

Take them before they are full ripe, stone them; and having boiled your fine Sugar to a height, pour it on them gently, moving them; and so let them stand 'till almost cold, and then take 'em out and dry 'em by the Fire.

29. *To candy Elicampane-roots.*

Take them from the Syrup in which they have been preserved, and dry them with a Cloth; and for every Pound of Roots, take a Pound and three quarters of Sugar; boil it to a height, and dip your Roots into it, when hot, and they will take it well.

30. *To candy Barberries.*

You must take them out of the Preserve, and wash off the Syrup in warm Water; then sift fine Sugar on them, and put them in an Oven, or over a Stove to dry them, stirring or moving them the mean while, and casting more Sugar upon 'em, till they are dry.

31. *To candy Grapes.*

You must take them after they are preserved, and use them as the former.

32. *To candy Eringo-Roots.*

Take the Roots pared and boiled to a convenient softness, and to each Pound add two Pound of fine Sugar; clarify it with Whites of Eggs, that it may be transparent; and
I 3
being

being boiled to a height dip in your Roots, two or three at once ; and afterwards dry in an Oven, or Stove, for your use : And in this fashion you may candy any thing, as Fruit or Roots, to which candying is proper ; and as for Flowers which that way are pleasant, and ornamental, you candy them after the following manner, with their Stalks and Leaves. Take your various sorts of Flowers, cut the Stalks if they are very long, somewhat shorter ; and having added about eight spoonfuls of Rose-water to a Pound of white Sugar boil it to a Clearness ; and as it begins to grow stiff and cool, dip your Flowers into it ; and take them out presently, lay them one by one in a Sieve, and hold it over a Stove, and they will dry and harden.

33. *To dry Plumbs, Pears, Apples, Grapes, or the like.*

You must first preserve them ; then wash or wipe them ; after which set them upon Tin-plates in a Stove, or for want of it an Oven, not too hot, and turn them as you see occasion ; observing ever to let them have their Stalks on.

34. *To make each sort of Comfits, vulgarly called covering Seeds with Sugar.*

You must provide a Pan of Brass or Tin to a good Depth, made with Ears to hang over a Chaffing-dish of Coals with a Ladle, and

and slice of the same Metal; then cleanse your Seeds from Dross, and take the finest Sugar well beaten; put to each quarter of a Pound of Seeds two Pound of Sugar, the Seeds being first dried, and your Sugar melted in this order; put into the Pan three Pound of Sugar, adding a Pint of Spring-water, stirring it 'till it be moistned, suffering it to boil, and so from your Ladle let it drop upon the Seeds, and keep the Bason wherein they are continually moving, and between every Coat rub and dry them as well as may be; and when they have taken up the Sugar, and by Motion are rolled into order, dry them in an Oven, or before the Fire, and they will be hard and white.

35. *To make artificial Oranges and Limons.*

Take Moulds of Alabaster made in three Pieces; bind two of them together, and let them lie in the Water an Hour or two, boiling to an height, in the mean time as much Sugar as will fill them; the which being poured into the Mould, and the Lid put quickly on it, by suddenly turning it will be hollow; and so in this Case to the Colour of the Fruit you cast, you must colour your Sugar in boiling it.

36. *To make Marmalade of Oranges.*

Pare your Oranges as thin as may be, and let them boil 'till they are soft in two or three Waters; then take double the number

of good Pippins, divide them and take out the Core, boil them to a Pap without losing their Colour, strain the Pulp, and put a Pound of Sugar to every Pint; then take out the Pulp of the Oranges, and cut the Peel, and boil it till it is very soft; bruise it in the Juice of three Limons, and boil it up to a thickness with your Apple-pap, and half a Pint of Rose-water.

37. *To make Marmalade of Grapes.*

Take the ripest Grapes gathered in a dry Day; spread them upon a Table where the Air and the Sun may come at them; after which take from 'em the Stalks and Seeds, boiling the Husk, and Pulp, or Juice in a Pan, with often skimming, whilst it is reduced to a third part; and then let the heat be gentle, and when you find it thickned, strain it through a Sieve, and boiling it once more, add a small quantity of fine Sugar, or the Powder of white Sugar-candy, and so put up into Pots, covered with Paper for Use.

38. *To make PASTE of Cherries.*

Boil the Cherries 'till they come to be very soft, and strain the Pulp through a fine Sieve, and add a Pound of Sugar to a Pint; stiffen it with Apple-pap, and boil it up to a height; then spread it upon Plates and dry it.

39. *To make Honey of Mulberries.*

Take the Juice of Black Mulberries, and add to a Pound and half of their Juice two Pound of clarified Honey, and boil them up, with often skimming, till one part be consumed.

40. *To make Jelly of Quinces, Currans, or Goosberries.*

Take the Fruit and press out the Juice, clarify it, and add to each Quart a Pound of Sugar clarified, and boiled up to Candy-height; then boil them, add a Pint of White-wine, wherein an Ounce of Cherry-tree or Plumb-tree Gum has been dissolved, and it will make it perfect Jelly.

41. *To make Limon-cakes.*

Take fine Sugar half a Pound to two Ounces of the Juice of Limon, and the like quantity of Rose-water; boil them up till they become like a Sugar; then grate into 'em the Rind of hard Limons; and having well incorporated them, put them up for use in Glasses or Pots being cold, and cover them with Paper.

42. *To make red Quince-cakes.*

Take the Syrup of Quinces and Barberies of each a Quatt; cut into it about twelve Ounces free from Rind and Cores; boil them till they are very soft; then strain the Pulp or Liquor-part, and boil it up with six Pound
of

of Sugar, 'till it be candy-proof; then take it out and lay it upon Plates, as thin as you think convenient to cool.

43. *Clear or transparent Quince-cakes are made thus.*

Take a Pint of the Syrup of Quinces, and a Quart of that of Barberries; boil and clarify them over a gentle Fire, keeping them free from skum; then add a Pound and half of Sugar to the Juice, candying as much more, and putting it in hot, and so keeping it stirring till it be near cold, at that time spread, and cut it into Cakes as the former.

44. *To make Marmalade the Italian Fashion.*

Take about thirty Quinces, pare them, take out their Cores, and put to them a Quart of Water, and two Pound of Sugar; boil them 'till they are soft; then strain the Juice and the Pulp, and boil them up with four Pound of Sugar 'till they are become sufficient thick.

45. *To make White Quince-cakes.*

Clarify your Sugar with Whites of Eggs, putting to two Pound, a quarter of a Pint of Water; which being boiled up add dry Sugar, and heighten it to a Candy; then the Quinces being pared, cored and scalded, beat to Pulp, and put them into the boiling Sugar, not suffering them to boil long before you

you take them off, and lay them on Plates to dry.

46. *How to make a Leach of Almonds.*

Take half a pound of Almonds blanched, beat them in a Mortar, and add a Pint of new Milk, and strain them; add two spoonful of Rose-water, and a Grain of Musk, with half an Ounce of the whitest Ising-glass, and strain them a second time for your Use.

47. *To make one sort of Macarooms.*

Blanch a convenient Quantity of Almonds, by putting them into hot Water; beat them fine in a Mortar, strewing on them fine Sugar as you beat them; and when they are well mixed, add the Whites of Eggs and Rose-water; and when they are of a convenient Thickness, drop them off Wafers laid on Tin-plates, and bake them in a gentle Oven.

48. *To make an Almond Syllabub.*

Take new Milk a Gallon, the Flour of Sweet Almonds half a Pound, a little Rose-water, two Ounces of Lime-juice, half a Pint of the Juice of Strawberries, and a Quart of Canary-wine, with two Pound of Sugar; beat them, and stir them together till they froth, and become of a pleasing Colour.

49. *How*

49. *How to dish up a Dish of Fruits with preserved Flowers.*

Take a large Dish, cover it with another of the same bigness, and place the uppermost over with Paste of Almonds, inlaid with red, white, blew, green Marmalade in the Figure of Flowers and Banks; then take the Branches of candied Flowers, and fix them upright in order, and upon little Bushes erected, and covered with Paste: Fix your preserved and candied Cherries, Plumbs, Pease, Apples, Gooseberries, Currans and the like, each in their proper Place; and for Leaves you may use coloured Paste or Wax, Parchment or Horn; and this especially in Winter will be very proper.

50. *A Perfume to perfume any Sorts of Confections.*

Take musk, the like quantity of Oil of Nutmeg; infuse in them Rose-water, and with it sprinkle your Banqueting-preparatives, and the Scent will be as pleasing as the Taste.

51. *To make Curd-cakes.*

Take a Pint of Curds, four Eggs, leaving two of the Whites out; add Sugar, and grated Nutmeg, with a little Flour; Mix them together, and drop them like Fritters in a Frying-pan, in which Butter is hot.

52. *To*

52. *To make Orange-Butter.*

Take new Cream, two Gallons, beat it up to a Thickness; then add half a Pint of Orange-flower-water, and as much Red-wine; and so being become the Thickness of Butter, it retains both the Colour and Scent of Orange.

53. *How to make an Excellent Junket.*

Take new Milk warm; then add Runnet, and let it cool; then strow on it Cinnamon and Sugar, over that cast Cream, and strow Sugar upon the Cream with Rose-water.

54. *To make a whipp'd Syllibub.*

Take a Pint of Cream, six spoonful of Sack, the Whites of two Eggs, three Ounces of fine Sugar, and with a Birch-twigg beat it 'till it froth well; skim it and put it into your Syllabub-glasses.

55. *To make Curran-Cream.*

Bruise old Currans in boiled Cream; strain them thorough a Sieve; add Sugar and Cinnamon, and so serve it up; and so you may do by Raspberries or Strawberries.

56. *To make Goosberry-Cream.*

Let your Goosberries be boiled; or for want of Green ones, your preserv'd ones will do: And when your Cream is boiled up, put them in, adding Cinnamon, Mace and Nutmeg; then boil them in the Cream, and strain all thorough a Cloth, and serve it up with Sugar and Rose-water.

57. *To*

57. *To make Sage-Cream.*

Take a Quart of Cream, boil it well; then add a Quarter of a Pint of Red-sage-juice, half as much Rose-water, and as much Sack; half a pound of Sugar, and it will be an Excellent Dith; and thus you may use it with any sweet Herbs, which are pleasant and healthful.

58. *To make Syrup of Barberries.*

Take your Barberries picked from the Stalks, boil them to a Pulp, then strain and rarifie the Juice; then boil it up, being six Pound, with six Pound of fine Sugar into a Syrup; and if you find that it will not thicken it sufficiently, you may add more Sugar.

59. *Marmalade of Prunes, Raisins, Currans, How to make it of an Amber colour.*

Take your Fruit and keep them in a proportionable Quantity of Water, till by being over a gentle Fire, they become soft and pulpy; then stone the Prunes or Raisins, and put them into as much Canary as will wet them: After that press out the Pulp, and boil it up with some Slices of Quinces; then strain it again, and put to each Pound-half a Pound of Sugar, and half a Pound of brown Sugar-candy in Powder, and so put in the Pulp well mixed and sprinkle Rose-water into a Gally-pot glazed; dry it a little in an Oven or Stove, and keep it for your Use.

60. *How*

*How to make an extraordinary good
Sack-posset.*

Take fifteen Eggs, Whites and Yolks; beat them very well, and strain them; then take three quarters of a pound of Six-penny Sugar, and a Pint of Sack; put all together in a Bason, and set it over a Charcoal-fire, and keep it stirring 'till it be scalding-hot, set a quart of Milk over the Fire with some pieces of Nutmeg, and let it boil: When your Eggs are scalding-hot pour in your Milk, hold your Skillet very high, and pour it in, stirring it all the while; then take it off the Charcoal, and cover the Bason with a Dish very close, and set it by the Fire-side for half an Hour.

*61. An Excellent Receipt for making El-
der Wine.*

Take five Gallons of Water, and twenty Pounds of Malago-Raisins; pick them from the stalks, rub them clean, and shred them small: Boil the Water an Hour, and then pour it upon the Raisins, and let it stand ten Days in a Tub, stirring it now and then: then strain it through a coarse Sieve. To five Gallons of that Liquor, put four Pints of Elder-juice, the Berries being first put into a Pot, and set in a Kettle of boiling Water. The Liquor being strained, and the Juice being cold put it together, and turn it into a Vessel, and let it work; then bung
it

it up close, and let it stand 'till 'tis fine, and then bottle it off.

62. *How to make very good Vinegar.*

Take Spring-water what quantity you please, put it into a Vessel or Stone-bottle, and to every Gallon, put two Pounds of Malago-Raisins, lay a Tile over the Bung, and set the Vessel in the Sun 'till it be fit for use. If you put your Water and Raisins into a Stone-bottle, you may set it in the Chimney-corner, near the Fire, for a convenient time, and it will do as well as if set in the Sun.

63. *How to make an Excellent Mouth-water.*

Take Honey - suckle - leaves, Columbine-leaves, Strawberry - leaves, Violet-leaves, Bramble-leaves, Plantain-leaves unset, Hyssop and Cinquefoil-leaves, one handful of each; boil the same in three Pints of Spring-water 'till it comes to a quart: Then put in a piece of Roach-alum and Honey as much as you think fit; you must take some of the boiled Water, and dissolve the Alum and Honey in it, and then mix all together: This will cure a Canker, or any such Sore Mouth.

ADD

ADDITIONS.

A Bisque of Fish.

TAKE what fresh-fish you please and clean it very well; then steep it in White-wine-Vinegar, whole Spice, some whole Onions, sweet Herbs ty'd up, one Limon shred, a handful of Salt; cover the Fish almost with Ingredients; let it steep an Hour, then have ready boiling a thing of fair Water, then put in your Fish with the Ingredients on the Fire, and when it is about half enough, put in the boiling Water to it, and this way will make the Fish much firmer than the Old way; then fry some of the other in hot Liquor; then a rich Sauce made with Oysters, Shrimps, Mushrooms, two Anchovies, Capers, a Bundle of sweet Herbs, two whole Onions, one stuck with Cloves, Horse-radish scrap'd, Nutmeg, the Juice of a Limon, the Yolks of two Eggs; mix all these together with two Pound of Butter, and draw it up very thick, then dish your
K Fish

Fish on Sippets, and run over your Sauces : Garnish your fry'd Fish with Parsly, Horseradish, and cut Limon, and serve it up hot : Thus you may do all fresh Fish.

Oysters grill'd in Shells.

Sit and beard them, season them lightly with Pepper, Salt, and minc'd Parsly : Butter the Scollop-shells very well ; then when your Fish or Oysters are neatly laid in, put in your Oysters Liquor and Grated Bread to cover them, boil them half an Hour, and brown 'em with a broad red-hot Iron, or Fire-shovel ; you may garnish any Dish of Fish with these, or serve them singly. Shrimps are grill'd the same way ; and they are very good upon my word.

To make a Quaking Pudding.

Take a Quart of Cream, and twelve Eggs, but force the Whites of them, beat them with a spoonful of Flour and Grated Bread as thick as for Rice-Custards ; season it with Rose-water, Nutmeg and Sugar ; you must butter the Cloth very thick, or else it will run out ; the Pot must boil before you put it in, a Pudding of a Quart must boil two Hours, but if it be but a Pint it must boil one Hour.

To pickle Mushrooms white.

Gather your Mushrooms when little Buttons, in the Morning; wash them and rub them clean with a piece of Flannel in clean Water, and as you rub them put them in more clean Water; then boil them in fair Water, with a little Salt for half an Hour; and then strain them through a Colander clean from the Water, and let them stand till they are cold; and for your Pickle, take Vinegar, Salt, whole white Pepper, some Blades of Mace, and about two Nutmegs sliced, and boil 'em for half an Hour, and when it is cold, then put your Mushrooms into the Pickle, and keep them close.

To pickle Cucumbers for present Eating.

Wash your Cucumbers clean, and dry them in a Cloth; then take some Water and Vinegar, Salt, Fennel-tops, and Dill-tops, with a little Mace, make it Salt enough, and sharp enough to the Taste; boil it a while; then take it off, and let it stand till it is cold; then put in your Cucumbers, clap a Board upon them to keep them down, and tye them up close; they will be fit to eat in a Weeks time.

To make a Beef-Tansy.

Take seven Eggs, putting out two Whites; put to them a full Pint of Cream, a little

Nutmeg, and a few sweet Herbs, as Thime, sweet Marjoram, Parsly, Strawberry-leaves, shred them very small, then take boild Beef minc'd very small, a full Plate of White-Bread grated; mix them all together, and fry them as you do other Tansies, not too brown.

To make an Orange-Pudding.

Take the Peel of a large China-Orange, mince it exceeding small, and pound it in a Mortar; then take the Yolks of sixteen Eggs well beat with a little Rose-water, and put to it a little more than half a Pound of Sugar, and as much Butter being melted, and season it with a little Nutmeg, and put it in a Dish being covered with Puff-paste, and lay Puff-paste over it, and garnish it in what form you please.

To collar a Breast of Veal.

Take a large fat Breast of Veal, and bone it, season it with a little of all sorts of Spice, a little Salt, a little Limon-peel, minc'd small; take two or three Sprigs of Thime, with as much of sweet Marjoram stript and sliced very small, and strow it thin all over the Veal; be sure to put both the Sweet-breads in, and rowl it hard, and tye it with coarse Tape; so bake it.

To

To pickle Barberries.

Take your Barberries after they are picked, and take your shatter'd Barberries and boil them in Water and Salt almost strong enough to bear an Egg; let it boil half an Hour, and when it's cold put in your other Barberries, and stop them close.

To pickle Aspen-Keys.

Take them when they are very tender, and parboil them in a little fair Water, then take half a Pint of White-wine, and a quarter of a Pint of Vinegar, the Juice of a Limon, and a little Bay-salt, and when it is boil'd and cold put your Aspen-Keys into your Pickle; keep them from the Air.

Sauce for Wild Ducks.

Take a little handful of Sage, one large Onion shred very small, season it with a little Salt, and rowl them up with Butter into Balls, then put them in the Ducks, and roast them; then take half a Pint of Claret, in it dissolve two Anchovies; then take half as much Butter as Wine, then thicken them with the Yolks of two Eggs, then put your Ducks in your Dish, and pour your Sauce through them, and pull out your Balls: so serve them up.

To Soufe a Pike.

Boil your Pike with as much Water as will cover it, together with a handful of Bay-leaves, and as much Cloves and Mace as you think fit ; boil it till it is so tender that you may run a Straw through it, take it up and put into the Broth White-wine and Vinegar, and an Anchovy; when your Pike is cold put in the Soufe; it will Jelly to keep it long.

To make a good Cake.

Take half a Peck of Flour, two Pound of Butter, break your Butrer very small into your Flour, take four Nutmegs, half an Ounce of Cinnamon, six Eggs, leave out four of the Whites, half a Pound of Sugar, half a Pint of Sack, and a Pint of Ale-yeast, mix all these together with a little Salt, put all this through a Strainer, with as much boiling-hot Milk as will make your PASTE very light; let it lie after you have made it a quarter of an Hour before the Fire, then take five Pound of Currans well dried, work them into your PASTE, then rowl out a piece of PASTE for the Bottom, then pour on your Cake, for the PASTE must be so fast that you cannot mould it, so that you must put it into the Oven as soon as it is made; then for Candy, take your Whites of Eggs that you had out of your Cake, and two or three Spoonfuls of Rose-water, and a pretty deal of

of sifted Sugar; beat it in a Stone-mortar half an Hour, so that you may take a Feather and Ice it over as thick as you can; set it into the Oven again to harden a little, and so take it out.

To make a Carraway-cake fine.

Take three Pound of Flour well dried, put in it a Nutmeg grated, ten Blades of large Mace, finely beaten, also ten Cloves beaten, and a little Salt; then rib in a Pound of Butter, and put in a Pint of Ale-yeast, a Pint of Cream warmed, four Eggs, but two Whites, beat them with two spoonfuls of Sack, and as much Rose-water, mingle it together, and handle it as little as may be, and set it before the Fire to rise for half an Hour, then break it and mingle it in a Pound of smooth Carraway-comfits; put it in a Hoop, and let it stand three quarters of an Hour in the Oven.

To make Winter Cheese-cakes with Puff-paste.

For the Crust, to a Pound of Flour take three quarters of a Pound of Butter; wet the Flour stiff with Milk and two Eggs, then rowl in the Butter; and to make the Curd, put five Eggs to a Pint of Cream, and grate a little Bisket into it.

To make a Bran-Pudding.

Take a quarter of a Pound of fresh Bran, half a Pound of Meal as it comes from the

K 4

Mill,

Mill, three quarters of a Pound of Currans, six Eggs, a Pound of Beef-suet shred very fine, Nutmeg it to your Taste; and if you please put in a quarter of a Pound of Sugar, and as much Milk as will make it pretty stiff; boil it in a Bag or Cloth.

To make a Tansey without frying.

Take the Juice of young Spinage half a Pint, or a little more, put thereto a Pint of thick sweet Cream, and a little grated Bread, fifteen Eggs, whereof put in but six of the Whites, sweeten it to your Taste, and stir it in a Skillet; butter your Skillet a little, put it over a gentle Fire, until it be somewhat thicker than butter'd Eggs; then lay it upon a warm Plate, and set it upon a few Coals, and with a Spoon make it of what thickness you please; then let it stand and harden a while, then turn it upon another Plate, and let it stand a while on that side; if you have no Limon, then put a little Verjuice, and Butter and Sugar upon it, and serve it up.

To make Sauce for Turkeys or Capons.

Take half a Pint of White-wine, and a little Gravy, and Oyster-liquor, and a little grated Nutmeg, and put to it three or four large Onions boil'd tender and mashed small with a little small Pepper, and two or three Anchovies, minced small, boil it a quarter of

of an Hour, with a little grated White-bread, and put to it a Piece of Butter, and put it to the Fowls being roasted.

To make Sauce for Wild-Fowl.

Take half a Pint of Claret, a little Oyster-liquor, a little Gravy, and three or four Shalots; let it boil a quarter of an Hour, with a little grated Bread, and put to it two Anchovies minced, and a little Butter, and shake it well together, and put it to your Fowl, being roasted, and serve them up.

To make Sauce for Venison, or a Hare.

Take half a Pint of Claret, and a little Oyster-liquor, and put to it some good Gravy, and a large Onion stuck with Cloves, and some whole Cinnamon and Nutmeg cut in slices; then let it boil till the Onion is boil'd tender; then take out the Onion and whole Spice, and put to it three Anchovies, and a Piece of Butter, shake it well together, and send it to the Table.

To make Sauce for Green-Geese or Young Ducks.

Take almost half a Pint of the Juice of Sorrel, and a little White-wine, a little grated Nutmeg, and a little grated Bread, let it boil a quarter of an Hour, and put to it as much Sugar as will sweeten it; if you please you may put in a few scalded Gooseberries

berries or Grapes, and a piece of Butter, shake it up thick, and put it to the Geese, being roasted this Sauce is proper for Chickens.

To make Limon Cream.

Take four fair Limons, pare them very thin, and shred them very small, put it into a Silver Cup, squeeze in all the Juice of the Limons to the Peel, cover it and let it stand two Hours, stirring it sometimes; then put to it three quarters of a Pint of fair Water, seven spoonfuls of Rose-water, or Orange-flower-water, add a little more than half a Pound of fine Loaf-Sugar, seven Whites of Eggs, and three Yolks very well beaten; strain it all in a Canvass-strainer, and boil it till it be thick, stirring of it while it is boiling. Orange-cream is made after this way, only leaving out half the Peel, and putting in a Yolk or two more.

To make a fresh Cheese.

Take new Milk, put some Runnet to it, let it stand till it comes like a Cheese, then break it, and whey it, and force the Curd through a Canvass-strainer; then season it with Rose-water and Sugar; you may put in the Yolk of an Egg if you please; and if you let it alone it will be as well; temper it together, and so put it into a little Colander to drain, then put it out and pour some Cream upon it; so send it to Table.

To

*To make a Dish of Wild-curds, like
Almond-butter.*

Take of the best Wild-curds, and force them through a Canvas-strainer, and season it with Rose-water and Sugar, and lay it out in a Dish in what form you please, and so serve it in; but few can discern it from Almond-butter.

To make a very good Sack-Posset.

Take a Pint of the best Sack, fourteen Eggs, leave out six of the Whites, and be sure you take out all the Treads; put in one Nutmeg and some Cinnamon; mix your Sack and Spice very well, and be sure you put in Sugar enough at the first; set it on a Chaffing-dish of Coals, and beat your Eggs very well, put them into your Sack, and keep them stirring pretty fast that it curdles not till it be boiling-hot; then take three Pints of Milk boiling off the Fire, pour it into your Bason as hot and softly as you can, and keep it very well stirring till the Milk be all in, then take out your Spoon, take it off the Coals quickly, and cover it one quarter of an Hour; and so serve it covered.

*To make a Lamb-Pye fit for your Lady-
ship's Table.*

Cut your Lamb in thin slices, and season it with Cloves, Mace, Nutmeg, Sugar and
Salt,

Salt, with a little small Pepper, and lay it in your Coffin; and lay on it and between it, a few Raisins of the Sun stoned, and a few Currans, and a few Skirrets boil'd and blanched, and the Marrow of two or three Bones; candied Limon, Dates, and dried Citron, preserved Barberries, and candied Lettice, and sliced Limon, large Mace and Butter; and close your Pye; and when it is baked, let your Caudle be White-wine, Verjuice and Sugar, beaten up with the Yolks of three or four Eggs, and set it on the Fire, and keep it stirring till it begins to be thick; put it in and shake it together; scrape on Sugar, and send it up.

To make a Lamb-Pye another Way.

Cut your Lamb in thin Slices, and season it with Pepper and Salt, and Nutmeg, and lay it in your Coffin, and lay on it large Mace and Butter, and close your Pye; the same way you may make a Veal Pye.

Carps stewed. Royal.

After the Carps are kill'd, and the Garbidge drawn out of their Bellies and wash'd, then steep them in Claret-wine with whole Spice, and whole Onions, Horse-radish, and Limon shred, a little Salt and Vinegar; then stew them gently half an Hour, or three quarters; then thicken the Butter with Flour in a Sauce-pan; add some of the Fish
or

or Carps-liquor, two Anchovies, Oyfters and Shrimps; then pour it over your Fish; let it thicken with the Claret, put in some Sippets: Garnish with the Milt, Horse-radish, and cut Limon, or what else you find proper.

How to order Syder the best way.

First scald your Vessels with Water-syder, made of the Parings of the same Fruit; then to a Hogthead, after it is thus scalded and very dry, take a Quart of the best old Malaga-Sack, and put into it; stop it close, and rowl your Hogthead up and down every way to season; then Tun your Syder, having a Tap in it before you Tun it, fill not your Vessel by a pretty deal, leaving room enough for it to work in the Hogthead, and stop it very close to keep in the Spirits, which else will work out at the Hogthead; and as you hear it work, for you must every Day watch it, when it begins to make much noise in working, draw out every Day a Glafs to give it vent, otherwise it will burst your Hogthead. And when it is fine draw it off into another Hogthead; and then again into Bottles as soon as you can.

To make Syder as fine as any Wine in Twenty-four Hours, or thereabouts.

First, Let your Syder settle in the Rhine for twenty four Hours or more, to take it off

off from the gross Lees; and then barrel it up; and as soon as it is Tunn'd, take in proportion to a Hoghead of Syder the Whites of fifteen Eggs, beat them to a Froth and Oil; and when the Froth is settled, put so much fine Scowring-sand into it as will make it neither too thick nor too thin, about the thickness of Cream; mix it well together upon the Bung-hole, and pour it into your Syder; then with a stick rouse it about soundly to mix it well together, stop it up, and as soon as 'tis fine, bottle it.

To recover Syder that is decayed.

Take to a Hoghead of Syder, Twenty-four Pound of the best frail Malaga-Raisins, and put them into your Syder, and in a few Days it will be fine, and very palatable; which you must watch by drawing every Day a little, at a Peg-hole in your Vessel; but let your Peg be no higher than the mid-of the Head of the Vessel, then draw it off presently into Bottles, or else in two or three Days it will not be worth a Farthing.

Another Way much approved to make any Syder, though quite sowre, if not quite flat and dead, to be of the perfect Colour and Taste with the Redstreak. Thus,

Take in proportion to a Hoghead of very pale sowre Syder six Pound of brown Sugar-candy; then draw off as much of that Syder

der as in boiling with the Sugar-candy will make a perfect Syrup; then set this Syrup to cooling; and when it is perfectly cold, pour it into the Syder, and stop it very close; it will presently cause a Fermentation, but not so great as to hurt your Syder; your Vessel must not be quite full, that it may have room to ferment, and in a few Days it will be fit to drink.

How to preserve Pippins.

Take Pippins, and pare, core, and quarter them, and put them into fair Water, take in also some of their Parings, and the Parings of some other Apples, which you will pare and quarter also in small Quarters; and make them boil till they are tender; then put them into a clean Cloth, and let the Water run from them; and then take as much of that Water or Decoction as will serve to boil up the Quarters that you have reserv'd for your Preserve, and put it into a Copper-pan very clean, and put in as much fine Sugar as you please, but in proportion to the quantity of Quarters of Apples that you intend to preserve, put them all together and make your Pan boil upon a good Charcoal-fire till they are very tender; stirring them sometimes with a Spoon, but not to break them; then take them out, and lay them upon the Brims of a Dish, or on a clean Cloth a running; after this you may dish

dish them up upon a Plate, and then make an end of boiling your Syrup upon a quick Fire, putting in some more Sugar, and the Juice of Limons, and let it boil till it be a Jelly; then take it off from the Fire and let it stand till it is cold; and then pour it over your Apples, and on the Brims of your Plates as you think fit. But remember to take out the Parings of your Apples before you strain the Decoction from your Apples. This Decoction is very good for the doing of almost all other Fritts; but some will boil the Parings before the Fruits, and strain out the Water.

To make most rare Sausages without Skins.

Take a Leg of young Pork, cut off all the Lean and mince it very small, but leave none of the strings or skins amongst it; then take two Pound of Beef-suet shred small, two Handfuls of Red-sage, a little Pepper, Salt and Nutmeg, with a small piece of an Onion: Mince them together with the Flesh and Suet, and being fine minced, put the Yolks of two or three Eggs, and mixing all together, make it into a Paste; and when you use it rowl out as many pieces as you please, in the form of an ordinary Sausage, and fry them. This Paste will keep a Fortnight upon Occasion.

To dry Neats-Tongues.

Take Salt beaten very fine, and Salt-petre, of each a like quantity; rub your Tongues very

very well with the Salts, and cover them all over with it, and as it waxes put on more; when they are hard and stiff they are enough; then rowl them in Bran, and dry them before a soft Fire. Before you boil them let them lie in Pump-water one Night, and boil them in Pump-water.

Otherways powder them with Bay-salt; and being well smoak'd hang them up in a Garret or Gellar, and let them come no more to the Fire till they are boil'd.

To roast a Neat's-Tongue.

Take a Neat's-Tongue being tender boil'd, blanch'd and cold, cut a Hole in the Butt-End, and mince the Meat that you take out; then put some Sweet-herbs finely minced to it, with a minced Pippin or two, the Yolks of Eggs slic'd, some minc'd Beef-suet or minc'd Bacon, beaten Ginger and Salt, fill the Tongue, and stop the End with a Caul of Veal, lard it and roast it, then make Sauce with Butter, Nutmeg and Juice of Oranges: Garnish the Dish with slic'd Limon-peel and Barberries.

To roast a Neat's-Tongue or Udder otherways.

Boil it a little, blanch it, lard it with pretty big Lard all the length of the Tongue, as also the Udder; being first season'd with Nutmeg, Pepper, Cinnamon and Ginger; then spit and roast them and baste them with

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sweet

sweet Butter; being roasted dress them with grated Bread and Flour, and some of the Spices above-said, some Sugar, and serve it with Juice of Oranges, Sugar, Gravy, and slic'd Limon on it.

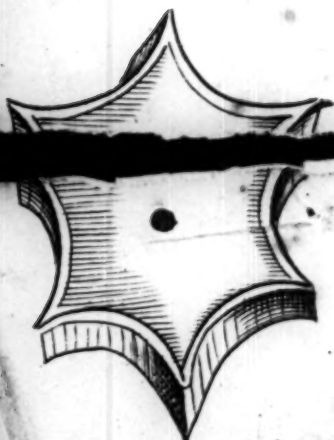
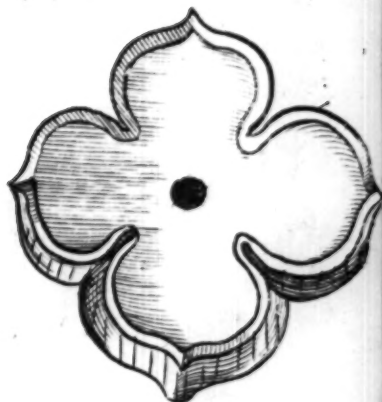
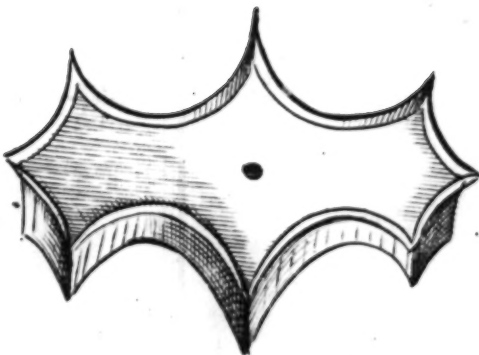
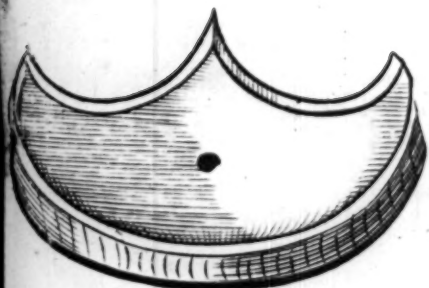
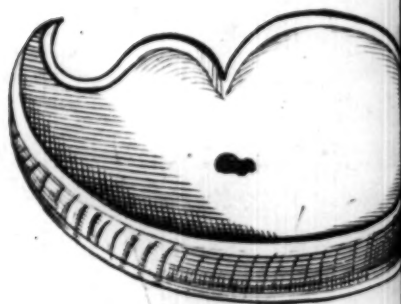
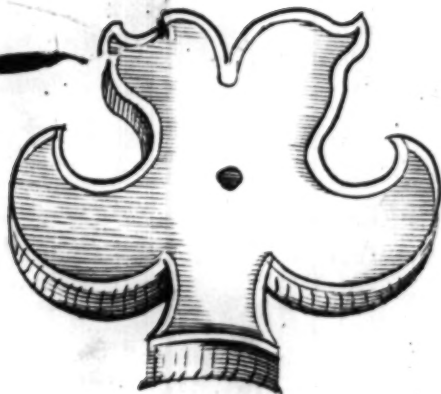
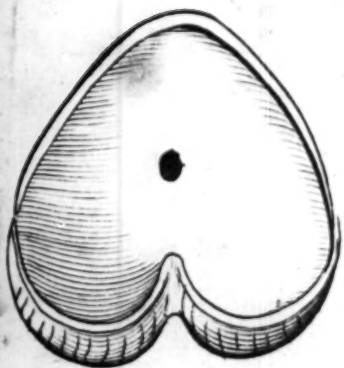
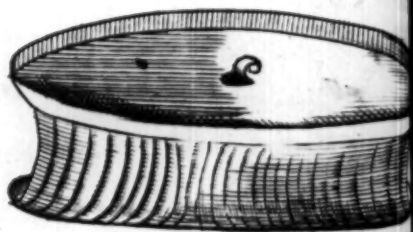
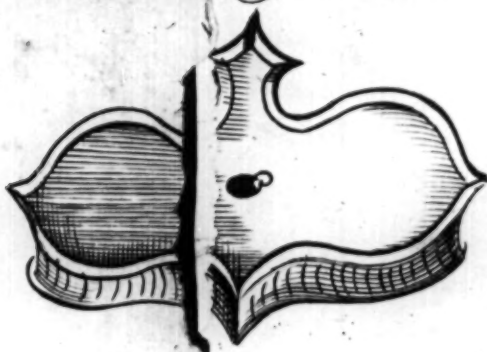
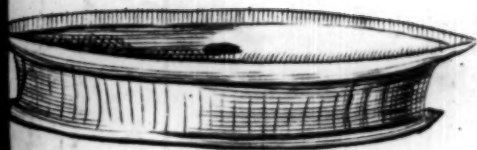
To make Minc'd-pies with Neat's Tongues.

Take a fresh Neat's-Tongue, boil, blanch, and mince it, hot or cold; then mince four Pounds of Beef-suet by it self; mingle them together; and season them with an Ounce of Cloves and Mace beaten, some Salt, half a preserved Orange, and a little Limon-peel minc'd, with a quarter of a Pound of Sugar, four Pounds of Currans, a little Verjuice and Rose-water, and a quarter of a Pint of Sack, stir all together and fill your Pies; in the Figures as on the Copper-plate, Number 3. or others as you please.

Sauces for Roast Pigeons, or Doves.

1. Gravy and Juice of Orange.
2. Boil'd Parsly minced and put amongst some Butter and Vinegar, beaten up thick.
3. Gravy, Claret, and an Onion stewed together with a little Salt.
4. Vine-leaves roasted with the Pigeons, minc'd and put in Claret-wine, and Salt, boil'd together, some Butter and Gravy.
5. Sweet Butter and Juice of Orange beat together and made thick.
6. Min-

The Several Fashions of Mince Pies



6. Minced Onions boil'd in Claret-wine almost dry; then put to it Nutmeg, Sugar, Gravy of the Fowl, and a little Pepper.

7. Or Gravy of the Pigeons only.

Sauces for all Manner of Roast Land-Fowl, as Turkey, Bustard, Peacock, Pheasant, Partridge.

1. Slic'd Onions being boil'd, stew them in some Water, Salt, Pepper, some grated Bread, and the Gravy of the Fowl.

2. Take Slices of White-bread, and boil them in fair Water with two whole Onions, some Gravy, half a grated Nutmeg, and a little Salt; strain them together through a Strainer, and boil it up as thick as Water-Grewel; then add to it the Yolks of two Eggs, dissolved with the Juice of two Oranges.

3. Take thin Slices of Manchet, Gravy of the Fowl, some sweet Butter, grated Nutmeg, Pepper and Salt, stew all together, and being stewed put in a Limon minced with the Peel.

4. Onions sliced and boil'd in fair Water, and a little Salt, a few Bread-crumbs, beaten Pepper, Nutmeg, three Spoonfuls of White-wine, and some Limon-peel finely minced and boiled all together; being almost boil'd put in the Juice of an Orange, beaten Butter, and the Gravy of the Fowl.

5. Stamp Small-nuts to a Paste, with Bread, Nutmeg, Pepper, Saffron, Cloves, Juice of
L 2 Orange,

Orange, and strong Broth, strain and boil them together very thick.

6. Quince, Prunes, Currans, and Raisins boil'd, Muskified Bisket, stamped and strained with White-wine, Rose-Vinegar, Nutmeg, Cinnamon, Cloves, Juice of Oranges and Sugar; boil it not too thick.

7. Take a Manchet, pare of the Crust and slice it, then boil it in fair Water, and being boil'd somewhat thick put in some White-wine, Wine-vinegar, Rose or Elder-vinegar, Sugar and Butter.

8. Almond-paste, and Crumbs of Manchet, stamp them together with some Sugar, Ginger and Salt, strain them with Grape-verjuice, and Juice of Oranges; boil it pretty thick.

To make Rose or Elder-vinegar.

Keep Roses dried, or dried Elder-flowers, put them into several double Glasses, or Stone-bottles, write upon them and set them in the Sun, by the Fire, or in a warm Oven, when the Vinegar is out, fill them up again.

To make Verjuice.

Take Crabs as soon as the Kernels turn black, and lay them in a heap to sweat, then pick them from Stalks and Rottenness; and then in a long Trough with stamping Beetles, stamp them to Mash, and make a Bag of coarse Hair-cloth, as square as the Press; fill

fill it with the stamped Crabs, and being well pressed, put it up in a clean Vessel.

To make Mustard.

Have good Seed, pick it and wash it in cold Water, drain it and rub it dry in a Cloth very clean; then beat it in a Mortar, with strong Wine-vinegar; and being fine beaten, strain it and keep it close cover'd, or grind it in a Mustard-Quern, or a Bowl with a Cannon-Bullet.

To make Pan-cakes.

Take three Pints of Cream, a Quart of Flour, eight Eggs, three Nutmegs, a Spoonfull of Salt, and two Pounds of clarified Butter; the Nutmegs being beaten, strain them with the Cream, Flour and Salt, fry them into Pan-cakes, and serve them with fine Sugar.

Otherways.

Take three Pints of Spring-water, a quart of Flour, Mace and Nutmeg beaten, six Cloves, a Spoonful of Salt, and six Eggs; strain them and fry them into Pan-cakes.

Or thus.

Make stiff Paste of fine Flour, Rose-water, Cream, Saffron, Yolks of Eggs, Salt and Nutmeg, and fry them in clarified Butter.

Or thus.

Take three Pints of Cream, a Quart of Flour, five Eggs, Salt, three Spoonfuls of Ale, a Race of Ginger, Cinnamon as much; strain these Materials, then fry them, and serve them with fine Sugar.

To make a Tansey the best way.

Take twenty Eggs, and take away five Whites, strain them with a Quart of good thick sweet Cream, and put to it a grated Nutmeg, a Race of Ginger grated, as much Cinnamon beaten fine, and a Penny White-loaf grated also; mix them all together with a little Salt, then stamp some green Wheat, with some Tansey Herbs, strain it into the Cream, and Eggs, and all together: Then take a clean Frying-pan, and a quarter of a Pound of Butter, melt it, and put in the Tansey, and stir it continually over the Fire with a Slice or Ladle, chop it and break it as it thickens, and being well incorporated, put it out of the Pan into a Dish, and chop it very fine, then make the Frying-pan very clean, and put in some more Butter, melt it and fry it whole, or in spoonfuls; being finely fried on both sides, dish it up and sprinkle it with Rose-Vinegar, Grape-Verjuice,

juice, Elder-Vinegar, Cowslip-Vinegar, or the Juice of three or four Oranges, and strow on good store of fine Sugar.

Otherways.

Take a little Tansey, Featherfew, Parsly and Violets, stamp and strain them with eight or ten Eggs and Salt, fry them in sweet Butter, and serve them on a Plate or Dish with some Sugar.

A Tansey for Lent.

Take Tansey and all Manner of Herbs as before, and beaten Almonds, stamp them with the Spawn of a Pike or Carp, and strain them with the Crumb of a fine Manchet, Sugar and Rose-water, and fry it in sweet Butter.

To collar a Surloin, Flank, Brisket, Rand, or Fore-Rib of Beef.

Take the Flank of Beef, take out the Sinews and most of the Fat, put it into Pickle, with as much Water as will cover it, and put a handful of Petre-salt to it; let it steep three Days and not shift it; then take it out and hang it a draining in the Air, wipe it dry, then have a good handful of red Sage, some Tops of Rosemary, Savory, Marjoram and

Thyme, but twice as much Sage, mince them very small, then take a quarter of an Ounce of Mace, and half as many Cloves, with a little Ginger, and half an Ounce of Pepper, and likewise half an Ounce of Petre-salt; mingle them together, then take your Beef, fplat it, and lay it even that it may roll up handsomely in a Collar; then take your Seasoning of Herbs and Spices, and strew it all over, roll it up close, and bind it fast with Packthread; put it into an Earthen-Pipkin or Pot, and put a Pint of Claret to it, an Onion and two or three Cloves of Garlick, close it up with a piece of coarse Paste, and bake it in a Baker's Oven; it will ask six Hours soaking.

To make Sauce or Pickle to keep Venison in that is Tainted.

Take strong Ale, and as much Vinegar as will make it sharp, boil it with some Bay-salt, and make a strong Brine, skum it, and let it stand till it be cold, then put in your Venison twelve Hours, press it, boil it, and season it, then bake it.

Other Soufe for Tainted Venison.

Take your Venison, and boil Water, Beer, and Wine-Vinegar together, and some Bay-leaves,

leaves, Thime, Savory, Rosemary and Fenil, of each a handful; when it boils put in your Venison, parboil it well and press it; and season it as aforesaid, bake it to be eaten cold or hot, and put some raw minced Mutton under it.

Otherways to preserve Tainted Venison.

Bury it in the Ground in a clean Cloth all Night, and it will take away the corruption, favour or stink.

Other Souse to counterfeit Beef or Mutton to give it a Venison-colour.

Take small Beer and Vinegar, and parboil your Beef in it, let it steep all Night, then put some Turnsole to it, and being baked, a good Judgment shall not discern it from Red or Fallow Deer.

Otherways to counterfeit Ram, Weather, or other Mutton, for Venison.

Bloody it in Sheep's, Lamb's, or Pig's Blood, or any good and new Blood; season it as before, and bake it either for hot or cold. In this Fashion you may bake Mutton, Lamb, or Kid.

Fish when in Season.

Severn Salmon in season from *All-holland-Tide* till *June*.

Thames Salmon in season from *April*, and allow'd to be caught to *Holy-Rood* the 13th of *September*.

Sturgeon catch'd in the Eastern-parts in *April*, *May*, and *June*, (excellent Fish roast-ed fresh) but chiefly eaten pickled, most caught at *Hamborough*, and at a place belonging to the King of *Prussia*, call'd *Pillow*; sometimes catch'd in the River *Severn*, and now and then in the *Thames*.

Turbett in season all the Year, but scarce in the Months of *December*, *January* and *February*.

Carp Spawn in *May*, in season all the Year, at some Place or other; *Thames-Carp* reckon-ed the best.

Whitings and *Cod* in season here chiefly in *November*, but in the Northern-Countries longer.

Lampreys in season from *Christmas* to *June* to be potted, catcht in the River *Severn*.

Mackarels in season the latter End of *April*, and continue *May* and *June*.

Lobsters and *Crabs* come in in *August*, and hold till *Christmas*, which is call'd the first season; and from *Christmas* to *June*, is call'd the second season.

Oysters

Oysters in season from the Beginning of September to April.

Herrings in season in June, but the biggest season when in full Row is in September, October and November.

Trouts in season in April, May, and the Beginning of June; Hampshire the Chief Country for them.

Soles, Thornback, Crawfish and Eels, always in season.

Fowls and Rabbits, &c. when in Season.

In January, February and March, Turkey, Poult, Green-Geese, Ducklins, small far Chickens, some Pigeons, Tame Sucking Rabbits, Pheasants and Partridge with Eggs, are in season. And in March, Leverets, Wild Pigeons, Wild Rabbits. In April, May and June, the Chickens come to be large Fowls, so that Turkey, Geese, Ducks and Fowls are in season all the Year,

In July and August, Wild Ducks that shed their Feathers, which are called Flappers or Moulters, come very Fat; and at the latter End of the Year most sort of Fowls both Wild and Tame are good and in season, as Swans, Bustards, Wild-Geese, Brand-Geese, Wild-Ducks, Teal, Widgins, Shufflers, Pen-teals, Easterlings, Heathcocks, Wood-cocks, Snipes, Plovers, Larks, Quails, Black-birds, Thrushes,

Thrushes, Felfairs, Pheasants, Partridge, Bittern, Geese, Tame - Ducks, Cock - Turkeys, and Hen - Turkeys, Capons, Virgin - Pullets, and Hens with Egg, and Chickens; likewise Hares and Rabbits.

Note. That the Cock-Turkey is out of season after *Christmas*, but the Hen continues in season till *Easter*, and is with Egg all the Spring.

To make Gravy.

Slice lean Beef, and lay it in a Stew-pan with a bit of Butter, and a Slice of Bacon; cover it very close; and when it is done add a Ladle-full of Jelly-broth, so keep it for use; and when you have occasion add some Catchup.

To burn Butter for any Sauce.

Set the Butter over the Fire in the Sauce-pan, and let it boil 'till 'tis so brown as you like it; then shake in Flour, stirring it all the while; so use it for any Sauce that is too thin.

To make Welsh Sturgeon.

Take a Leg of Beef, and season it with beaten Mace, White Pepper, Salt, Thyme, Winter:

Winter-savory, Penny-royal, sweet Marjoram, Parsly shred small, with a little Limon peel, and an Onion as big as a Wallnut take a good Neats-foot, bone it, and cut it cross Diamond-cut, so lay it together in the Pan, and just cover it with Water, and bake it tender; and when you have made a Dinner of it, pick it all out of the Liquor clean from the Bones; and when it is cold, shred it very small with a little Beef-suet shred also; then beat it in a Stone-mortar, so squeeze it into a Venison-pot, and put thereon the Fat that came off when it was first baked, set it in a cold Oven one Hour.

To make Pottage.

Take a Quarter of a Pound of Butter and put it in the Stew-pan, and let it stand over the Stow till it is brown; then shred an Onion small and put into it; then shake in some Flour whilst 'tis pretty thick; then put in the strong Broth by degrees, and so let it boil a quarter of an Hour; then put in two Slices of Limon, a little Mace, beaten Pepper, and a little bunch of Thime, then take the Ox-pallates and Sweet-breads, cut them in thin Slices, and put in the Pottage with some Forc'd-meat-balls; then let them stand over the Stow, and as the Fat riseth skim it off; then take three Heads of white Endive and boil it a little; then shred it and put it in the Broth

broth with fried Sausages cut in pieces, and let it boil a little while; then take a French-roll, and cut it in thin Slices, and toast it very brown, and put it in; or you may put in a roasted Fowl in the Middle of it, and so serve it up; garnishing the Dish with green Endive scalded, and sliced Limon.

A White Frigafie.

Instead of frying it with Butter you must stew it in the frying with fair Water, Salt, Spice and Herbs, so that it is enough; put it into White-wine, Shalots, Anchovies, Gravy, let it stew a little more; then put it in the Yolks of Eggs beaten with White-wine, beaten Mace, and a little shred Thime, Savory, and pieces of Butter.

A General Sauce.

Mince a little Limon-peel very small, a little Nutmeg, beaten Mace, and Shalot; stew them in a little White-wine and Gravy, so melt your Butter therein; if it be for Hashes of Mutton, or Fish, add Anchovies, a little of the Liquor of stewed Oysters, and Limon-peel.

Pottage in Summer.

Take a Leg or a Shin of Beef, the Scrag-end of a Neck of Veal, or Mutton, wash the Meat,

Meat, then chop it in pieces, boil it in two Gallons of Water six or eight Hours, slowly, covered close; and when it is half done, put in half an Ounce of white whole Pepper tied in a Rag, and two Onions; and when the Meat is boiled to Rags, strain all through a coarse Hair-sieve, squeezed hard, and add a little Cloves, Mace and Nutmeg; beat in a very small bundle of sweet Herbs, one Sprig of each of Spinage, Sorrel, Beets, or Endive a good handful of each shred gross; let it boil a while, then dish it up with roasted Ducks or Pigeons in the middle of it, and fried Balls, Sausages, cut in little bits, small Slices of Bacon fried, toasted White-bread in square Slices, you may add Gravy, Cocks-combs and Palates boiled in Water tender peeled, and cut in long bits; in the Spring add Asparagus cut in bits, with long green Pease, put in before the Herbs; in Winter, the Pulp of White-pease; when you dish it, besure it boils in a Dish, over the Chafing-dish, before you serve it up: the fried Combs and Palates boil in a little of the Broth before you put them in the Dish, with Lamb-stones and Sweet-breads; or if you please, with some of the Combs and Palates.

To roast Venison.

Beat the Whites of two Eggs with a little Flower, that is fine, and do it over with a Feather two or three Times; then baste it with
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Butter and flour it; boil Claret with Salt, and add Gravy; boil grated White-bread with Claret, Cinnamon, Sugar and Butter.

To collar Beef.

Take a whole thin Flank of Beef two Stone and upwards, bone it, pull off the inward Skin, and slash it cross and cross, in the middle, especially where it is thick; lay it in Pump-water six Hours; then salt it with as much white hard Salt of Salt-petre, as an Egg mixt with two Porringers of white Salt; or if your Petre be ordinary, then salt it with one Porringer of each, rubbing the Salt very well in, and sprinkling a Porringer of Wine-Vinegar upon it, so let it lay three or four Days, rubbing and turning it once a day; then rinse it out of the Brine with a Pint of Claret; then season it with Nutmeg, Mace, Cloves, *Jamaica*-Pepper, and White-Pepper, of each a quarter of an Ounce, beaten all together, with Thyme, Savory and Limon, after they are washed and stript, a good handful of each; also half a handfull of Sage, and the Rind of one Limon, all shred small together; so rubbing all these together very well in all the Insides; Cuts and Clefts, binding it up with Tape, lay it in a long Pot with the Claret, lay the Skins and Bones on the Top to save it.

Take

For a Palsy Water.

Take Lavender-flowers stript from the Stalks, fill a Gallon glass with them, pour five Quarts of Rect. Spirit. vini on them, circulate them six Weeks very close with a Bladder, that nothing go out; let them stand in a warm place, then distil in a Limbeck with his Cooler; then put in the Water, Sage, Rosemary-wood, Betony-flowers of each half a handful, of Lilies of the Valley, and Burrage, Bugloss and Cowslip-flowers one handful of each; steep 'em in Spirit. vini, as they be in season, till all may be had; then put to them Balm, Motherwort, Spike-flowers, Bay-leaves, or any Leaves and Flowers, of each an Ounce, put them in the distilled Wine mentioned above, steep them six Weeks, then distil as before; then put into it Citron-peel, Peony-seeds, dry and husked, of each five Drachms, half an Ounce of Cinnamon, Cardomum-seeds, Nutmeg, Cubebs, Yellow-sanders, of each half an Ounce, Lignum-aloes one Drachm, powder all these and put all in, then distil Spirit. vini above, then digest it six Weeks, then strain it and press it, then filter, it then put a Scruple of Saffron, and half an Ounce of dried Roses in a Sarsnet-bag in it.

Soupe for Brawn.

Half Beer and half Water, and Wheat-bran and Salt boiled well together, and so
M strain

strain it; and when it is cold add more Salt, and in a Fortnight new boil it.

Liquor for Sturgeon.

Take Beer-vinegar and boil it very well, with a little Salt, and let it be quite cold; then pour it into the Fish and cover it very close.

To keep Anchovies.

Cover them two Inches thick with Bay-salt.

To keep Mangoes and Bamboes.

Mingle Mustard and Vinegar and cover them close.

To stew Oysters.

Take a Quart of Oysters, rensfe them one by one in their own Liquor, with a little Vinegar and White-wine, then strain the Liquor into them; then put thereto Mace and whole Pepper, Cloves, Nutmeg, and a very little Thime and Savory, a whole Onion and a little Limon-peel; cover it close and let it stew very slow almost a quarter of an Hour; then make the Sauce with six Spoonfulls of the Liquor, Shalot, Anchovies, melt the Butter therein, strowing in a little Mace, beaten Juice of Limon; wet Sippets in the stewed Liquor, lay your Oysters the best Side upwards; crumble the Yolks of two or three Eggs,

Eggs, so pour on the Sauce: Garnish with Limons, Barberries and Greens.

To fry Oysters.

Pick out the Largest and dry them in a Cloth, beat the Yolks of two or three Eggs with one or two Spoonfuls of Cream, or Milk, and stir therein some grated Bread; then dip the Oysters therein, and fry them in a great quantity of boiling-hot Suet, as you do Fritters, of a pale, bright, brown Colour; you need not turn them, neither need you turn Smelts, if they have store of Suet.

To boil a Couple of Carps.

Scale them and gut them, save the Blood in Claret, and boil them in good relish'd Liquor half an Hour, make the Sauce with good strong Gravy-liquor, the Blood and Claret, a whole Onion, three or four Anchovies, shred Shalots, a quartered Nutmeg, a Blade of Mace, a little whole Pepper, stew all these together; then melt the Butter thick therein; before the Fish be well drained before you put your Sauce therein, add Juice of Limon.

To stew a Couple of Carps.

Scale them alive, wipe them very well with a Cloth, put them in a Stew-pan with a quart

of Claret, a pint of Syder and a little Vinegar and Salt; then stab them with a Penknife in several Places, and let them bleed very well in the Liquor; then take out the Carps and gut them, and take from the Guts the Gall, and then put in the Guts again; then add a bundle of sweet Herbs with some large Mace, sliced Ginger, one Nutmeg quartered, whole Pepper, three Anchovies, a little Limon-peel; when it is almost done, two Onions, a whole Shalot, a little Gravy, cover all close and stew them half an Hour; lay the Carps in the Dish with the Guts, and Sippets, and thicken the Liquor with the Yolks of six or seven Eggs; you may add a Couple of Eels to stew or broil, Oysters, Shrimps, Juice of Limon, or sliced Limon.

To maronnet Trouts or other Fish.

Fry the Fish in store of clarified Butter, or Oil, or Suet, till they are crisp; then take them out of the Pan and let them stand till they be cold, take an equal quantity of White-wine and Vinegar, some Salt, whole Pepper, Mace, Cloves, Nutmeg, Ginger sliced, Rosemary, Thime, sweet Marjoram, Winter-savory, a Bay-leaf, or two Onions; boil all these together almost a quarter of an Hour, so pour it on the fried Fish in a Stewpan hot, so slice a Limon-peel, and add a Pint of Oil, it will keep a Month covered with

with Liquor; serve it with Oil, Vinegar and Limon.

To soufe Salmon or Trouts, or dress them hot.

Let your Liquor be Wine, Water, White-wine-Vinegar, a little whole Pepper, Mace, and other Spices, one Onion and a little Limon-peel, Thime, Savory and Rosemary; let these boil together a little while, then put in the Salmon or Trout; a Joll of Salmon must boil half an Hour, the other according as in bigness; you must take it out of the Liquor to be cold, and put your Liquor in a Stone-veffel to cool; add more Vinegar and Salt, then keep your Fish therein; it may be boiled in the same manner; to either, make the Sauce a little Liquor, White-wine, Anchovy, beaten Mace, Shalot, strew a little, and melt the Butter therein; you may add stewed Oyfters, Shrimps, or fried Smelts; these Fish to eat hot must be scalded: You must garnish it with Limon, and squeeze Juice of Limon thereon, for Pike, or some other white Fish; you may leave out the Anchovy, and increase the quantity of beaten Mace, with a little Shalot.

To do a Leg of Pork Ham-fashion.

Take a Leg, cut it Ham-fashion, put it in a Tin-dripping-pan, or long Earthen-pot; let
M 3 it

it stand all Night in the Oven, that is, if ye draw your Bread about 12 a Clock at Night, then by 4 a Clock the next Morning take it out, and before it is cold, take half a handfull of Bay-salt, and as much of that ye call salt upon salt; rub it well, and make a little hole in the thick part of the Meat, to let the Salt come to the Bone.

Minc'd-pyes of Eggs.

Ten Eggs boiled hard, and cold, shred them with one Pound of Beef-suet, season it with a little Salt, half an Ounce of beaten Cinnamon, a little Mace, better than a quarter of a Pound of Sugar, half the Rind of a Limon shred small, six or eight Dates shred small, three Pippins chopt small, a quarter of a Pint of Rose-water, a Pound and a quarter of Currans, the Juice of an Orange and a Limon, what Sweat-meats you please, wet or dry.

To make Battalia-pye.

Take Veal Sweet-breads, Lamb-stones and Sweet-breads, cut the large Sweet-breads in proportion to the bigness of a Wall-nut, or Chefs-nut; take a Calf's-tongue or Lamb's-tongue parboil'd a little, so peel them and slice them; some sliced Calf's-head or Lambs-head, Scollops of Veal or Mutton larded with Bacon, two or three slit Larks, a few Oysters

Oysters plumpt; season these with Salt, Nutmeg, Mace and Pepper; lay these into your Pyes that all places may fare alike; add Balls, hard Eggs, the Yolks of them, and a large piece of Marrow, large Mace, pickled Barberries, and good store of sweet Butter on the Top; and when it comes out of the Oven, boil some White-wine, Mace, and sweet Butter and put into the Pyes; if for a sweet Pye put Sugar in, and leave out your large Oysters and Balls, and add pieces of boiled Potatoes, preserved Lettice, and Suet, with other Sweet-meats, to make the Crust half a Peck of Flour, almost three pound of Butter, and boiling Water.

To make Oyster-pye.

Make good Crust, raise the Pye thin, let your Oysters be scalded in their own Liquor, White-wine, Spice, Onion, Thyme, Savory; and when they are cold put them in the Pye, with Butter under, and Marrow, hard Yolks of Eggs, a little Pepper and Salt, beaten Nutmeg, large Mace, Barberries, more Butter on the Top; bake it in a quick Oven, then boil White-wine with a little Mace and Butter, and pour it into the Pye.

To make White-pot.

Take three Pints of new Milk, or Cream, the Yolks of five Eggs, two Whites, beat
M 4 your

your Eggs with a little Rose-water, Nutmeg, two or three Spoonfuls of White-sugar, slice half a White-loaf very thin in the Milk, and when 'tis a little steeped break it with your Hands, then put in your beaten Eggs, and break it with your Hands; then put in your beaten Eggs and break it a little more; then put in a little bit of sweet Butter on the Top, or Marrow if you please; scatter a few Raisins on the Top, you may put Puff-paste round the Dish, bake it half an Hour in a slow Oven.

To make Scotch Flummery.

Take a quart of new Milk, mended with a little Cream, beat the Yolks of six Eggs with a little of the Milk, or a little Rose-water, sweeten it with a little White-sugar and Nutmeg, butter a Dish and pour it therein; set it on a Chafing-dish of Coals over a broad slow Fire, cover it close; and when it begins to thicken strow in some Currans plumpt in Sack on the Top. You must not stir it whilst 'tis over the Fire; and when you perceive all over take it off quick and serve it up.

To make Tansey.

Take a Pint of Cream, twenty Yolks of Eggs, ten Whites, beat them well, two Spoon-
fulls

fills of Rose-water, a little Nutmeg, some fine Sugar, Naples-bisket grated, a Pint or more of the Juice of Herbs, fry it with Butter, or stir it in a Skillet till it begins to thicken, then set it in an Oven to settle it, in a Tin-pan well buttered for the purpose; then butter a Plate and turn it out, and then squeeze the Juice of Oranges upon it, and strow fine White-sugar on the Top of it, and quartered Oranges round the Dish; If your Herbs be Spinage in your Tansey, you may add a few Wall-nut-leaves beaten with Sack, it doth very well; in Pippin-time half the Eggs and 6 or 8 Pippins shred very small; the same with a little more Bisket boiled, will make Excellent little Puddings to Batter, with Rose-water and Sugar.

To make Patty-pasties.

Take the Kidney-fat of a roasted Loin of Veal and shred it small, with a little of the Kidney or Veal; season it with a little Salt, Cinnamon, Macé, Sugar, a little grated Bread, a little Cream, four or six Eggs, half the Whites, a little Rose-water, so blend it together, and put it into small Pasties of Puff-paste, and so fry them in great store of hot Suet, or bake them, or old Sweet-meats in Puff-paste doth well,

To

To make Fritters.

Take of the finest Flour well dried before the Fire, mix it with a Quart of new Milk, not too thick, six or eight Eggs, a little Nutmeg and Mace, a little Salt, Sack or Ale; beat them well together, make it pretty thick with Pippins, so fry them dry.

To make ordinary Plumb-cake.

Take half a Peck of Flour dried before the Fire, put thereto Mace, Cinnamon and Nutmeg; beat in almost half a pound of White-sugar, beat in four Eggs, three pound of Butter; work all these together very well till you discern no pieces of Butter, then put in half a Pint of Sack and Rose-water together; dissolve 2 or 3 Musk-plumbs; wet it with a quart of Ale-yeast, and a Pint of Milk warm, so work it very well with your Hands upwards; then put in a pound of Raisins of the Sun stoned and shred; then put in four pound of Currans, mix them very well, and cover it with a Cloth, and set it before the Fire to rise an Hour before you set it in the Oven, so bake it in a Hoop, and let it be two Hours if the Weather be cold; save out one pound of the Butter to be melted, and poured in, and work it before you lay it a rising.

To make Cowslip or Gilliflower-wine.

Take three Gallons of Water, put to it six pound of the best Powder-sugar, boil the Sugar and Water together half an Hour; as the Skum riseth skim it off; when the time is expired set it to cool as you do Wort; and when 'tis cool take a large Spoonful of the best Ale-yeast, and therewith beat well three Ounces of Syrup of Betony, then pour it into the Liquor and brew it well together; then put in a Peck of Flowers, only the Flowers cut from the Bottoms, and infuse them in the Liquor, being mixt with the Yeast and Syrup, let them work together three Days covering them with a Cloth; then strain it and put it into a Cask, and let it settle there three Weeks, or four, before you bottle it to drink the old Syrup. Each of the Flowers will serve as well as Citron.

To make Cowslip-wine another way.

Take nine Gallons of Water, put to it 26 pound of fine Powder-sugar, when 'tis warm, and the Sugar melted; put in the Whites of six Eggs well beaten; when it boils skim it clean, then let it boil one Hour; you must do this boiling-hot upon a Bushel of Cowslips pickt, then cover it close and let it stand twenty four Hours, strain out the Cowslips,
and

and put six Toasts of brown Bread well toast-
ed, and spread both sides with the strongest
thick Ale-yeast you can get, then put the
Juice of six Limons and the Peel of two;
then cover it close and let it stand two
Weeks, or three; then bottle it up and put
a Knob of Sugar in every Bottle; cork it
well, and in a Fortnight you may drink it,
and it will keep a Year; and if you will
keep it longer you must add to your Sugar
three pound more.

To scald Goosberries.

Take a Pint of White-wine and a Pint of
Water, one pound of White-sugar, so scald
as many Goosberries as the Liquor will cover;
the same Liquor will scald two or three Par-
cels, such Liquor doth well to quoddle Pip-
pins, cut in halves not pared, and dished
with the Liquor; so you may scald any other
Fruit.

To make Hedge-bog Cream.

Take a quart of sweet Cream, five yolks
of Eggs well beaten, set it on the Fire; be-
fore it boils take three Spoonfuls of soure
Cream, give it a boil 'till it is turn'd, then
pour it in a Cloth, and hang it up to dry;
then take a pound of Almonds and blanch
them, keep some of them whole and pound
the

the rest with Rose-water, or Orange-flower-water to keep them from oiling; then mix the Curd and Almonds together, and lay it in a Dish in the Shape of a Hedge-hog; cut the Almond in four pieces and stick 'em thick in the Back to look like Bristles, and put two blue Currans for Eyes, then take a pint of new Cream, and sweeten it according to your Taste, and pour it on each side of the Curd.

To pot Rabbits or Hare.

Take Rabbits and bone them, and mince them very well, and fine, season them pretty high with Nutmeg, Pepper and Salt; and when so done take some Bacon and cut in thin pieces, and lay the Rabbits, and a Laying of Bacon, and fill the Pot up with Butter; let it stand four Hours in the Oven; when you draw fill it up with Butter, three Couple of Rabbits will do it.

To pickle Mushrooms.

Take those Mushrooms that look not black nor red underneath, nor them that grow near a Wood-side, nor near any Mineral-ground, and peel off the outward Skin with a Knife, and throw them in a Pail of Water, and cut 'em thro' the middle; and if there be no Worm-hole in them, then they are good; then put them

them in a clean Pipkin, and put in a handfull of Salt, more or less, according to the quantity of Mushrooms, without any Water, let them stew a quarter of an Hour, then take them out of that Liquor; and when they are quite cold put them in Pickle made of Vinegar, and White-wine, and some large Mace, some beaten Pepper, a few Cloves, a little Salt, a few Bay-leaves.

French Pottage.

Take about eight or ten Pound of Beef, and two or three Knuckles of Veal, and a few sweet Herbs tied up together, a little Vinegar, and half a Dozen of Anchovies; boil them in a Pottle of Water, until 'tis boiled away to three Pints; then strain them through a thin Cloth, and when you are ready to use, take as much as will serve your turn, and set it over a few Charcoal; then take a Duck or Pullet, which you think most in season, and take off the Skin; then take a few sweet Herbs and shred them small; then take two or three Eggs, and a little Nutmeg and Salt, and beat them all together, then rowl the Duck in them and roast it yellow, and lay it in the middle of the Dish; then take some French-bread, cut Sippets thin, take a little Spinage and Parsly and cut it together, but not very small, and put them a top of the Broth and serve them up.

To

To make Snow.

Take the Whites of eight Eggs, a Saucer full of Sugar, as much of Rose-water, and put in it a Pottle of Cream that is thick, and beat it all together, and as the Snow riseth take it off; then take a Loaf of White-bread, cut the Crufts, and stick a Branch of Rosemary in it, then with a Spoon cast off the Snow on the Top, and all over the Loaf; then gild; it must be beaten with a Chocolestick.

To pickle Oysters.

Take 200 Oysters, the newer the better, and be very careful in the opening of them, to preserve their Liquor in a Pan; then cut off the ragged black Verge, saving all the rest, which you shall put in their own Liquor, and Oysters in a Kettle, and boil them half an Hour on a gentle Fire, often skimming them as they boil; then take them off the Fire, take out the Oysters again, and then take out a Pint of the Liquor while 'tis hot, and put thereto three quarters of an Ounce of Mace, and half an Ounce of Cloves, then set the Liquor on the Fire, and let it just boil; then put the Liquor to the Oysters where the Oysters are, and stir up the Spice well amongst the Oysters; then put in about

bout a Spoonful of Salt, and about three quarters of a Pint of pure White-wine-Vinegar, and a quarter of an Ounce of whole Pepper; then let them stand until they be cold, put the Oysters as many as you can well in the Barrel, knocking the Barrel sometimes, then put in as much Liquor as the Barrel will hold, letting them settle a while; thus you may do a greater or lesser Quantity as you please.

1. *How to stew a Leg of Beef.*

Break it well and put to it two or three Quarts of Water, a little whole Pepper, Salt, a Bundle of sweet Herbs, and let it stew about eight Hours; then put in the Meat and Broath out into a Pan; then the next Day set it on the Fire again, and put into it a Quart of Ale, and set it on the Fire and let it boil about half an Hour; then take it off and put it in a Dish with Toasts upon it.

2. *To make a Goosberry Custard.*

When you have cut off the Sticks and Eyes of your Goosberries, and wash'd them, then boil them in Water till they will break in a Spoon; then strain them, and beat half a Dozen of Eggs, and stir them together upon a Chafing-dish of Coals with some Rose-water; then sweeten it well with Sugar, and always serve it cold.

3. *To*

3. *To make a rare Pudding to bake or boil.*

Beat a Pound of Almonds as small as possibly; put to them some Rose-water and Cream as oft as you beat them; then take one Pound of Beef-suet finely minced, with five Yolks of Eggs, and but two Whites; make it as thin as Batter for Fritters, mixing it with sweet thick Cream; season it with beaten Mace, Sugar and Salt; then set it into the Oven in a Pewter-dish, and when you draw it forth strew some Sugar on the Top; garnish your Dish with Sugar, and serve it always first up to the Table.

4. *To make Curd-cakes.*

Take a Pint of Curds, four Eggs, take out two of the Whites, put in some Sugar, a little Nutmeg, and a little Flour; stir them well together and drop them in, and fry them with a little Butter.

5. *To make a French Barley-poffet.*

Put two Quarts of Milk to half a Pound of French Barley, boil it till it is enough; when the Milk is almost boiled away, put to it three Pints of good Cream, let it boil together a quarter of an Hour; then sweeten it, and put in Mace and Cinnamon, when

N

you

you first put in your Cream; when you have done so take a Pint of Sack and White-wine together, of each half a Pint, sweeten it as you love it, pour in all the Cream but leave your Barley behind in the Skillet; this will make an excellent Poffet, nothing else but a tender Curd to the bottom; let it stand on the Coals half quarter of an Hour.

6. *To make Ginger-bread.*

Take a Pound and a half of fine Flour, three quarters of a Pound of Honey, or Treacle, which you like best, half a Pound of Sugar, and half an Ounce of Ginger, beaten and searced: Clarifie your Sugar and Honey on the Fire, skum it clean; then put it to your Flour, and some Citron and Orange finely sliced; knead it well, make it into Rolls or Knots, lay them on Tin-plates and give them an Hours baking.

7. *To make Elder-berry-wine.*

Take twenty Pound of Malaga-Raisins after they are pick'd and rubb'd, but not wash'd; then shred them with a Chopping-knife till they are like a Paste, and put it into a great Earthen-pan; take five Gallons of Water after it hath been well boiled a full Hour, or more; then put all the Water boiling-hot upon the Raisins, stir it very well about,

about, and let it stand close covered for ten Days, stirring it twice a Day; then press out the Liquor from the Raisins through a Hair-bag, as you do Syder; add to this Liquor three Quarts of the Juice of Elder-berries gathered full ripe, and baked in an Earthen-pot tyed down close, and baked with Brown-bread; then run it through a Sieve without any Pressure or Bruise, only the clear Juice, when it is thoroughly cold mix it together, and run it through a fine Hair-sieve clear; then run it up into a Vessel, and fill it up almost to the Bung-hole, stop it close and let it stand in a warm place, but not near the Fire; let it stand for six or eight Weeks till it be very fine, then bottle it up and keep it in your bottle Racks, but not set it on the Ground, it will be fit to drink in a quarter of a Year, but if kept a Year or two 'twill be the better; this is more wholesome than any French-wine, and is more pleasant.

For the Small-pox, or Meazels.

Take Possiet-drink with Marygold-flowers and Harts-horn often, and once in six Hours two Spoonfuls of Treacle-water in the hot Possiet-drink.

*Beautifying Waters, Oils, Ointments,
and Powders, to adorn and add
Loveliness to the Face and Body.*

1. To make the Hair very fair.

Wash your Hair very clean, and then take some Allom-Water warm, and with a Sponge moisten your Hair therewith, and it will make it fair; or you may make a Decoction of Beech, Nut-trees, the Hair will become very fair.

2. Another.

Take the last Water that is drawn from Honey, and wash your Head therewith, and it will make the Hair of an excellent fair Colour; but because it is of a strong Smell, you must perfume it with some sweet Spirits.

3. To make the Hair grow thick.

Make a strong Lye; then take a good quantity of Hyssop-roots, and burn them to Ashes,
and

and mingle the Ashes and the Lye together, and therewith wash your Head, and it will make the Hair grow; also the Ashes of Frogs burnt do increase Hair; as also the Ashes of Goats-dung mingled with Oil.

4. *To make the Hair fair.*

Take the Ashes of a Vine burnt of the Knots of Barley-straw, and Liquorice, and Sow-bread, and distil them together in fair Water, and wash the Head with it; also sprinkle the Hair while it is combing, with the Powder of Cloves, Roses, Nutmeg, Cardamum, and Galingale, with Rose-water; washing it very often the Hair will become fair.

5. *To make the Hair grow.*

Take Hasle-nuts with Husks and all, and burn them to Powder; then take Beech-mast, and the Leaves of Elicampane, and stamp the Herb and the Mast together; then seeth them together with Honey, and anoint the place therewith, and strew the Powder thereon, and this will make the Hair grow.

6. *For the falling of Hair.*

Take the Ashes of Pigeons-dung in Lye, and wash the Head therewith; also Walnut-

leaves beaten with Bears-suet, restoreth the Hair that is plucked away, also the Leaves and Middle-rind of an Oak, sodden in Water, and the Head washed therewith, is very good for this purpose.

7. To take away Sun-burn.

Take the Juice of a Limon, and a little Bay-salt, and wash your Face or Hands with it, and let them dry of themselves, and wash them again, and you shall find all the Sun-burn gone.

8. To clear the Skin and make it white.

Take fresh Boars-greese, and the White of an Egg, and stamp them together with a little Powder of Bays, and therewith anoint the Skin, and it will clear the Visage, and make it white.

9. To smooth the Skin.

Mix Capons-grease with a quantity of Sugar, and let it stand for a few Days close covered, and it will turn to a clear Oil, with which anoint your Face.

10. For Morpew or Scurf of the Face or Skin.

Take of Brimstone beaten to Powder two Ounces, mix it with as much Soap that stinketh,

eth, and tye it in a Linnen-cloth, and let it hang in a Pint of strong Wine-vinegar, or red Rose-vinegar, for the Space of eight or nine Days, either in Face or Body, dipping a Cloth in the Vinegar, and rubbing it therewith, and let it dry of it self, also drink the Water of Strawberries distill'd, it certainly killeth all Morpew or Scurf.

11. *For taking away Spots in the Face after the Small-pox.*

Mix the Juice of Limon with a little Bay-salt, and touch the Spots therewith often in a Day, for it is excellent good.

12. *An Excellent Pomatum to clear the Skin.*

Wash Barrows-greese or Lard oftentimes in May-dew, that hath been clarified in the Sun, till it be exceeding white; then take Marsh-mallow-roots scraping off the Out-sides, make thin Slices of them and mix them; set them to macerate in Balneo, and skum it well till it be clarified, and will come to rope; then strain it, and put now and then a Spoonful of May-dew therein, bearing it till it be thorough cold in often change of May-dew; then throw away that Dew, and put it in a Glass, covering it with May-dew, and so keep it for your Use.

13. *To take away Spots and Freckles from the Face and Hands.*

The Sap that issueth out of a Birch-tree in great abundance, being opened in *March* or *April*, and a Receiver set under it to receive it; this cleanseth the Skin excellently, and maketh it very clear being washed therewith; this Sap will dissolve Pearl, a secret not known to many.

14. *To Take away Freckles and Morpew.*

Wash your Face in the Wane of the Moon with a Sponge, Morning and Evening, with the distilled Water of Elder-leaves, letting it dry in the Skin; you must distil your Water in *May*, this I had from a Traveller, who hath cured himself thereby.

15. *To procure an excellent Colour and Complexion to the Face.*

Take the Juice of Hyssop, and drink it in a Morning fasting, half a dozen Spoonfuls in Ale warm, it will procure an excellent Colour; is good for the Eye-sight, destroyeth Worms, and is good for the Stomach, Liver and Lungs.

16. *To*

**16. To make the Teeth white, and kill
Worms.**

Take a little Salt in the Morning fasting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

17. To make the Teeth white.

Take one Drop of the Oil of Vitriol, and wet the Teeth with it, rub them afterwards with a coarse Cloth; although this Medicine be strong, fear it not.

18. For a stinking Breath.

Take two Handfuls of Cummin, and stamp it to Powder, and boil it in Wine, and drink the Syrup thereof Morning and Evening for fifteen Days, and it will help.

19. To cleanse the Mouth.

It is good to cleanse the Mouth every Morning, by rubbing the Teeth with a Sage-leaf, Citron-peel, or with Powder made with Cloves and Nutmegs; you must forbear all Meats of ill Digestion, and raw Fruits.

20. For running in the Ears.

Take the Juice of Elder, and drop it in the Ear of the Party grieved, and it cleanseth the
Matter

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Matter and the Filth thereof; also the Juice of Violets used, is very good for the same Purpose.

21. *For Eyes that are blood-shot.*

Take the Roots of red Fennel, and stamp them, and wring out the Juice; then temper it with clarified Honey, and make an Ointment thereof, and anoint the Eyes therewith, and it will take away the Redness.

22. *A Delicate Wash-ball.*

Take three Ounces of Oris, half an Ounce of Cypress, two Ounces of Calamus Aromaticus, One Ounce of Rose-leaves, two Ounces of Lavendar-flowers, beat all these together in a Mortar, searling them through a fine Searse; then scrape some Castle-soap, and dissolve it in Rose-water; mix your powder therewith, and beat them in a Mortar; then make them up in Balls.

23. *To prevent Marks of the Small-pox.*

Boil Cream to an Oil, and with that anoint the Whales with a Feather, as soon as they begin to dry, and keep the Scabs always moist therewith; let your Face be anointed every half Hour.

24. *To*

**24. To take away Chill-blains in the Hands
or Feet.**

Boil half a Peck of Oats in a Quart of Water till it grows dry, then anoint your Hands with Pomatum; and after they are well chafed hold them within the Oats as hot as you can well endure them, covering the Bowl wherein you do your Hands with a double Cloth, to keep in the Steam of the Oats; do this three or four times, and it will do; you may boil the same Oats with fresh Water three or four times.

25. To make the Nails grow.

Take Wheat-flour and mingle it with Honey, and lay it to the Nails, and it will help them.

26. For Nails that fall off.

Take Powder of Agrimony, and lay it on the place where the Nail was; and it will take away the Aking and make the Nails grow,

27. For Cloven Nails.

Mingle Turpentine and Wax together, and lay it on the Nails, and as it groweth cut it away, and it will heal them.

28. For

28. For Nails that are rent from the Flesh.

Take some Violets and stamp them, and fry them with Virgins-wax, and Frankincense, and make a Plaister, and lay it to the Nail, and it will be whole.

29. Another.

Anoint your Fingers with the Powder of Brimstone, Arsnick, and Vinegar, and in a short time you will find great Ease.

30. For the Yellow-Jaundice.

Take the Juice of Wormwood, or Sorrel, or else make them in a Syrup, and use to drink it in a Morning.

31. To take away Warts from the Hands, or Face.

Take Purslain and rub it hard on the Warts, and it maketh them fall away; also the Juice of the Roots of Rushes applied healeth them.

32. To make the Hair black.

Take the Juice of red Poppy, the Juice of green Nuts, Oil, Myrtle, Oil of Costmary, of each one Pint, boil it a while, and anoint the Hair therewith.

33. To

33. To cure a red Face.

Take four Ounces of Peach-kernels, Gourd-seed two Ounces ; bruise them, and make an Oil to anoint the Face Morning and Evening.

34. To cleanse the Body and make it comely.

Take of Sage, Lavendar-flowers, Rose-flowers of each two Handfuls, a little Salt, boil them in Water or in Lye, and make a Bath not too hot ; in which bathe the Body in a Morning, or two Hours before Meat.

35. A sweet scented Bathe for Ladies.

Take of Roses, Citron-peel, sweet Flowers, Orange-flowers, Jessamy, Bayes, Rosemary, Lavendar, Mint, Penny-royal, of each a sufficient quantity, boil them together gently, and make a Bath ; to which add Oil of Spike six Drops, Musk five Grains, Amber-greese three Grains, sweet Asa one Ounce ; let her go in to the Bath for three Hours.

Good

Good ADVICE

TO ALL

English People,

By a late

Eminent Phyfician,

*To make a Drink themselves, which
they may drink as they drink
Coffee, Chocolet, and Tea,
Viz.*

TAKE a Quart of Spring or Conduit-water, and boil it till it wastes one Third-part, when you have so done, your Water being boiling-hot, put in twenty or thirty Leaves of good Sage, and half the Quantity of Rosemary, with fifteen or twenty Grains of good *English* Saffron, and let it infuse hot as before, for about a quarter of an Hour close stopp'd; then pour it out clear from the Ingredients, drink it as hot

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as you can, taking about a quarter or half a Pint of it at a time, sweetned with a little White-sugar; and question not but the Benefits you will receive from this will be far more and better this Spring and hereafter, than you ever have done by those Liquors that so many commend, or those Spirits and Pills, whose Virtues and Ingredients are only known to him that makes them, who often forceth them upon you by fallacious Arguments for their own profit; but the Virtues of these Plants are so Universally known to be of such admirable Qualities, that I shall say the less in the Praise of them; but something I shall say of them, that they are the best Plants that grow in this Island, which is a Climate and Country which I may boldly say is so well furnished with Herbs and Plants, which for Virtue and Goodness is not inferior to any Country in the whole World, and these I have pitched upon are of its choicest Product. Therefore I shall hint at their Virtues only in general, *Viz.* They resist Poyson and Infection, Pestilential Air and Noy-some stinks, strengthen the Brain, Heart and Nerves, comfort all the Vital Spirits, and breed good Blood, expell all Humours which offend the Stomach and Body, in short it is a general friend to Nature, and a general preservative against almost all manner of Distempers, and especially
those

192 *Good Advice to all English People.*

those reigning ones of the Scurvy, and Agues,
which have so much afflicted People of late.
It is no way offensive, but helpeth and no
way hindreth business: I put my self to
this Trouble, to give my Advice for the
good of my Country. Here is no Fee to be
paid, and the Charge is small.

MORE

MORE RECEITS

Added to this
EDITION.

1. *To fry Beef another way.*

TAke Beef fresh or Neat, cut it in pretty thin slices; beat it with the back of a Shredding-knife, put it in a Frying-pan only the Lean by it self, with as much Butter as will just wet the Pan and no more: hold it over a very gentle Fire, keeping it still turned, and as the Gravy runs from it pour it out, fry it not too much, take the Fat and fry it by it self, and lay it a top of the Beef; take the Gravy and put a little Claret-wine, Anchovy, Onion, Nutmeg, Pepper, Stew it a little.

2. *To make Goosberry-wine.*

Take two Gallons of Goosberries and beat them in a Mortar, then strain them thro' a
O thin

thin Canvas, and let it stand in a Broad Pan three days, then strain it again thro' a Flannel-bag, and have a Pound of fine Sugar boiled in a Quart of Water ready to put in when 'tis strain'd, and a Quart of sweet Rhenish-wine, and then strain it altogether over and over, till it be very clear, and so Bottle it up; and to every Bottle, put in two or three lumps of fine Sugar, stop it close, it will be fit to drink in three or four days: the Gooseberries must be very ripe, and the clearest you can get.

3. *To make white Marmalade of Quinces,*
very nice.

Make your Liquor boil before you put in your Quinces to scald them, let them be scalded till they be very tender, keeping them still turning all the while in the Water, otherwise one side will be Yellow, and the other White, then take them out and pare them very quick, or they will turn yellow, then cut them in thin slices, and weigh them, then to a Pound of Quince, take one Pound of double refined Sugar; mingle this Sugar with eight spoonfuls of Water, stirring it to melt the Sugar, then put in your Quinces and set it over the Fire, and stirring it altogether, boil it indifferent fast, skimming it very well (which makes all Sweetmeats both fine, and to keep well) near half an Hour.

N. B.

N.B. To know when all Sweetmeats is boiled enough, after it is sufficiently skimmed, you will find a clear shining Skim hang upon your Spoon, and then it is enough; hold your Glasses a little over the Stuff to heat them, and then put them in boiling hot. Never cover your Glasses, for it will make your Sweet-meats Candy and Peckt. Tye the Kernels in a Tiffany-bag, to boil with your Marmalade, to make it Jelly the better.

4. To make Limon Cream,

Take four fair Limons, pare them very thin, and shred the paring very small, put it into a Silver Cup, squeeze in all the juice of the Limons to the peeling, cover it and let it stand two Hours, stirring it sometimes; then put to it, three quarters of a Pint of fair Water, seven Spoonfuls of Rose-water, or Orange-flour-water, and a little more than half a pound of fine Loaf-Sugar, seven whites of Eggs, and three Yolks very well beaten; strain it all thro' a Canvass-strainer, and boil it till it be thick, stirring of it while it is boiling.

Orange Cream is made after this way, only leaving out half the peel, and putting in a Yolk or two more.

5. *To make Marmalade of Pippins.*

Take of the best right Kentish Pippins, pared and cut into thin slices a pound, Loaf Sugar beaten a pound, strew some of the Sugar at the bottom of your preserving-Pan, and then lay some Apple, and then more Sugar, and so more Apple till all be laid in, laying some Limon-peel between, and after it is boiled tender, then take a Pint of Water and pour it on your Apple and Sugar, and and set them over a quick Fire; shaking them round to keep them from burning, and keep them down with a Spoon, but do not mash them before they be quite boiled: squeeze in the juice of a Limon or two, and put them in thin Glasses, boil it apace, put in more of Limon-peel than Orange.

6. *To make Syrup of Gilly-flowers.*

Take 600 of Gilly-flowers, cut them off to the White, then take a Quart of White-wine, put it into a Skillet; and when it boils pour it into a Gally-pot, and put your Flowers into it hot, then let it stand upon Coals to keep hot for three Days; then strain it out, and to a Pint of Liquor, put a Pound and a quatter of Sugar, you will have almost two Pints of Liquor; boil it to a Syrup, and put it up (when cold) into a Glass

glass Bottle. You may do it in Borage-Water, instead of White-wine, if you please.

7. *To make red Marmalade of Quinces. The best way.*

Take three Quinces, boil them well in Water, then take a Pint of that Liquor, and half a Pint of fair Water: then take a pound of Quinces, scald them, and slice them in thin slices; then take a pound of Sugar, put half of it to your Liquor, when it hath boiled skim it, then when you put in your sliced Quinces, cover your Pan, and let it boil till the Liquor be red, then take the rest of your Sugar and put it to your Quinces, and let them boil uncovered until they be enough.

8. *To make a dish of Wild-curds like Almond-Butter.*

Take of the best Wild-curds, and force them thro' a Canvass-strainer, then season it with Rose-water and Sugar, and lay it out in a Dish in what form you please, and so serve it in, but few can discern it from Almond Butter.

To make a fresh Cheese.

Take new Milk, put some Runnet to it, let it stand till it come like a Cheese, then

break it and whey it, and force the Curd thro' a Canvass-strainer, then season it with Rose-water and Sugar, (you may put in the Yolk of an Egg if you will) and if you leave it out it will be as well, temper it together, and so put it into a little Cullender to drain, then put it out and pour some Cream upon it.

10. *To make a Carraway Cake.*

Take three pound of Flour well dried, put in it a Nutmeg grated, two blades of large Mace finely bearen, also ten Cloves so beaten, and a little Salt, then rub in a pound of Butter, and put in a pint of Ale-yeast, a pint of Cream warmed, four Eggs, two Whites, beat with two Spoonfuls of Sack, and as much Rose-water, mingle it together, and handle it as little as may be, and set it before the Fire, to rise for half an Hour, then break it and mingle in it a pound of smooth Carraway-comfits; put it in a Hoop, and let it stand 3 quarters of an Hour in the Oven.

11. *To Collar Eels.*

Take your Eels and skin them, and then slit them down the Belly, and take out the Back-bone, then take Cloves and Mace, and Pepper and Salt mixt all together, and season them pretty high, not so much Cloves
and

and Mace, as Pepper and Salt, but so much as to give them a good relish; then Rowl one or two together very hard, and sow them up in a Cloth, and then boil them; and when they be thorough cold, take them out of the Cloath and put them into pickle.

12. *To make Cheese-Cakes. Another way.*

Take a Pottle of new Milk, turn it into a tender Curd, take the Whey clean from it, then work in it half a pound of new Butter, put to it the Yolks of eight Eggs, six Spoonfuls of Rose-water, two Nutmegs beaten and forced, half a Pound of Sugar beaten and forced, mix all these together and put in a pound of Currans, stir it very well together with a little Salt, so bake them; let your Crust be very thin.

13. *To make little Cakes.*

Take a Pound of Flower well dried, and a pound of Loaf Sugar fine sifted, a pound of Currans when they are wash'd, pickt and dried, a pound of fresh Butter well washed in Rose-water; mix the Flower and the Sugar together, then divide it into two parts; shake in one part into the Butter, and work it with your Hands together, then take the Yolks of six Eggs, and but the Whites of two, beat them with a good Spoonful of Sack,

then put in the Eggs and mingle them well together, then shake in the rest of your Flour and Sugar together, then make the Currans very hot and shake them in, beat it lightly with your hand, Bake them in Bisket-pans, and scrape Sugar when you set them in the Oven.

14. *To make a Cake, another way.*

Take four pound of Flour and dry it well in an Oven, and keep it hot by the Fire, four pound of Currans when they are washed and pick'd, set them by the Fire and make them hot, then take a Pint of thick Cream, and melt in it a pound of Butter, then take eight Eggs and beat them well, and mingle them with a pint of good Ale-yeast; when your Cream is pretty cold, make a Hole in the middle of your Flour and put that in, having first put into your Flour a quarter of a pound of Sugar beaten, and what Spice you please, you must stir your Cream, Eggs and Yeast together with your hand, then cover it with some of your Flour, lay a hot cloth upon it and set it to the Fire to rise, and when it works up above the Flour, then mingle it together with your Hand, and let another strew in the Currans, and half a pound of Raisins of the Sun shred small; make it up as fast as you can have your Oven ready, and an Hour will bake it,

To

15. To preserve Damsons or any other black-Plums.

Wipe them and cut them on the Cressed side, take the weight of them in Loaf Sugar, put as much Water as will wet the Sugar: set it on the Fire till it be melted, then scum it; and when it is a little cold, put in your Plums, and let them stand on a soft Fire, near two Hours, keep them hot, but let them not boil: keep out a little Sugar to strew on them, now and then as they stand on the Fire; when you take them off the Fire, to set by till next day, it is best to cover them when they are warm; when you boil them again let it be a reasonable pace, till you think they are preserved thorough: then take out the Plums into Pots or Glassess, and boil the Syrup a little more till it Jellies, and put it to the Plums pretty hot.

16. To dry Pear-Plums.

Scald the Plums pretty tender, let the Water be hot when you put them in, then lay them on a Plate to drein; to a pound of Plums, take three quarters of a pound of the best Loaf Sugar, and three quarters of a Pint of Water, put them together, and let it stand on the Fire, stirring it till it be scalding Hot, but not boil; then the Plums
being

being warm, put them into the Syrup, and then let them stand a while on the Fire; then take them off, and twice a Day heat them scalding hot: turning them, and pouring Syrup on them for nine days; then lay them on Plates or Glasses, and dry them in a Stove or in the Sun.

17. *To make Jelly of Pippins.*

Pare and cut half a Peck of Pippins into a preserving-Pan, put as much Water to them as will cover them, boil it till the Liquor taste strong of the Apples; then strain it, and take to a Pint and a quarter of this Liquor, a pound of the best Loaf Sugar, boil it quick till it Jellies; cut Limon, Orange or Citron in thin long pieces, and put in also the juice of Limon or Orange, and perfume it like the preserved Pippin, if you like it.

18. *To make Sugar-Cakes.*

Take a pound of fine Sugar, and five Pints of Flour: a pound and a half of Butter worked in Rose-water, four Spoonfulls of Cream, four Yolks of Eggs: mingle them all together, worked till it be Paste; make it into thin Cakes, and bake them upon Plates.

To

19. *To make Bisket.*

Take a pound of Flour and a pound of Sugar and mingle them together, four Yolks and three Whites of Eggs; beat them with four Spoonfulls of Rose-water, then stir all till it be well mingled; then Butter the Plates, put on the Bisket, strew Sugar on them, and when you put them into the Oven, let it not be too Hot.

20. *To preserve Pippins white.*

Take Pippins, pare and core them as you do a Quince; and to a pound of Pippins, take a pound of double-refined Sugar, and a Pint of running Water; put in the Pippins and Sugar and Water together, and let them boil very fast, till they look very clear, and the Syrup Jelly: when they are almost enough put in the juice of a fair Lemon, and a little Musk or Ambergrease ground with a little Sugar, and tied up in a little bagg.

21. *To make Marmalade of Apricocks.*

Take Apricocks, the ripest are best, pare them and quarter them, and take out the Strings; then to a pound of Apricocks, take three quarters of a pound of common Lofe Sugar, set them on the Fire in a pretty broad pan,

pan, without either Water or Sugar : stir them continually for fear of burning : let them melt and boil a good pace a while, then strew in the Sugar as fast as you can, and let them boil very fast, till they look clear and the Syrup be thick ; then put them into Glassess or Pots, as you like best, it will Candy a little on the Tops ; but is esteemed never the worse, and is I think the best way of doing Apricocks.

22. *To preserve Cherries.*

Take the fairest Cherries when they are full ripe, weigh them with their Stones and Stalks ; and take to a pound of Cherries, a pound of common Lofe Sugar, lay some of it in the bottom of the Pan : then stone the Cherries upon it, and strew on now and then a little Sugar as you stone them, when you set them on the Fire ; to two pound of Cherries, you may put in a quarter of a Pint of juice of red Currans, and most of the Sugar, only leave out some to strew in as they boil, which must be as fast as they can, shaking them round sometimes, but not stirring them ; take off the skum, and when they look deep, and the Syrup grow thick, take them off the Fire, and pour them into a Bason, and shake them a good while to gather the skum together, which take off, the cleaner you get it off, the better they will keep, and when they are cold, put them into Pots.

23. *To*

23. *To make Mead.*

Take a Gallon of Honey, and six Gallons of Water, boil it till the third part be consumed, be sure to skum very clean; when 'tis almost enough tye a little Nutmeg, and a Clove or two in a Bag, and let it boil in it, and when 'tis cold put it in a Vessel; and at two Months old draw it into Bottles, and 'twill be ready to drink in a short time, being very pretty Liquor.

24. *To make Mead, the best way.*

Take six Gallons of Water, set it over the Fire, and as it boils skim it clean; then put into it a small handfull of sweet Marjoram, Sweet-brier and Muscovil, the like of Violets if at the time, put in four blades of large Mace, a dozen or more Cloves, and a Nutmeg sliced: let it boil in all half an Hour, then set it a cooling, when 'tis almost cold put two or three hot Toasts spread with Ale-yeast into the Liquor, and likewise three or four Spoonfuls of Syrup of Citron, or Limon mix'd with 2 or 3 Spoonfuls of Barm, cover it over warm for twenty four Hours, that it may work according to discretion; then strain it thro' a Raigne, and Tun it into a Vessel of a fit size, and when it hath done working stop it up very close, after seven Weeks if it be clear draw it into Bottles, putting into each
Bottle

Bottle a good knob of Loaf Sugar, after a Fortnight you may drink it, but Age makes it better.

25. *To collar Beef the nicest way.*

Take three Gallons of Water, three handfulls of Bay-Salt, six handfulls of white Salt, half an Ounce of Salt-peter, and make a Brine strong enough to bear an Egg, the breadth of a three-pence, then take a Breast of young Beef and bone it, and lay it in the Brine nine days, then take it out and beat it very much with a Rowling-pin, then Season it with one Ounce of Mace, seven Nutmegs, which must be shred very small not Pounded, two Ounces of Bay-berries, one Ounce of sweet Marjoram dry'd and powder'd, twenty Cloves, one Ounce of Pepper, two handfulls of white Salt, bruised in a Mortar, mix it all together, and strew it all over the Beef, which must be very well dryed; then Roll all up very hard, and bind it hard with a Cloath, and put it into a Pot to be Baked, then take two Quarts of Claret, half a Pint of Vinegar, and a Pint of Water, and put into it, cover it over with Dough, and put it with a Batch of Bread in the Oven, and let it stand all Night, in the Morning take it out of the Liquor, and bind it faster and hang it on a Nail till it be cold.

26. *To make Bisket, another way.*

Take the Rind of one Limon, put it into boiling Water till it be tender, take a quarter of a Pound of Sweet Almonds, Blanch them in cold Water, and one Ounce of Gum-dragon, and soak it in fair Water; then take the Limon and pound it in a stone Mortar, and pound the Almonds by themselves, putting in as you pound, the white of an Egg beaten hollow, then put in the Limon and the Gum into the Almonds, and mix it very well together, then take half a pound of fine Sugar and beat it with the Mortar, with the Limon, Gum and Almonds, afterwards take a pound of fine Sugar more, and stir it into it with a Spoon, then roll it up in little rolls severally, and lay them on white Papers, and put them into the Oven.

27. *To make a Cake, another way.*

Take nine pound of Flour, and a pound and half of Sugar, one Ounce of Mace, eight pound of Currans, after they are washed and dried, then take 28 Eggs, with half the Whites, beat them with half a Pint of Rose-water, then take one pound of Almonds blancht and beaten, with a little Rose-water, and mingle it with your Eggs, with three Pints of good Ale-yeast, and put all in the middle of your Flour; then take three Pints of Cream, and two pound and a quarter of Butter,

Butter, melt your Butter in your Cream, and put it in warm after your Eggs and Yeast: stir it till it be well mingled, then put it in a Cloth, and lay it before the Fire half an Hour, then put it in a tin Hoop, with Paper at the bottom buttered, and let it stand in the Oven an Hour and half, then Ice it with Lofe Sugar boiled to a Candy height, or any other lſing as you pleaſe.

1. *For the Stone.*

WHen your Pain makes you apt to Vomit, drink a good draught of warm Beer, or of Poſſet-Ale, wherein boil a few Mallows; and after you have vomited, and your Stomach beginneth to ſettle, take a black Flint of the inner part, heat it in the Fire till it be red hot, and quench it in White-wine, and drink thereof. This will force the Urine.

And for the local Pain, take the ſharpeſt taſted Onions, roaſt them in Embers, peel off the Skins, and maſh the reſt all to pieces, and ſpread it on a Cloth your little Fingers thickneſs, or more, and as broad as both your Hands, and lay it hot to the place grieved: this will diſcuſs the Wind, and enlarge the paſſage for the Stone. And as the Pain deſcends, follow it with the Pultiſs; you may have two in a readineſs, and ſucceſſively apply them one after another, every ſecond Hour, or as you ſhall ſee Cauſe.

2. *For*

2. *Another Receipt for the Stone.*

Take a Pint of Milk,, half a pint of White-wine, half a pint of Syder, half a pint of Ale, make a Posset of it, then take the quantity of a Walnut of Venis Soap, slice it very thin, and put it into as much Spring-water as will dissolve it, being set over the Fire and kept stirring, then put it into the Posset-drink, and take the Yolks of two new laid Eggs, and beat them very well, then put them into the Posset-drink, and take the Juice of a large Limon, and sweeten it with Sugar, and put it into the Posset-drink; and when you are to drink it, put in two Ounces of Syrop of Marsh-mallows, and a large Nutmeg sliced, and drink a pint and a half of it when the Pain cometh; lye down on your Back on the Bed for half an Hour, then drink the rest, walking up and down the Room.

3. *A Water for Sore Eyes.*

Take a Pint of the best White-wine you can get, put into it one pennyworth of *Lapis Calaminaris* beaten very fine, put it into a Bottle close Stopped, set it in the Hottest Sun for two Hours; shake it two or three times, and when you use it, dip in a Feather, and with it strike the Lash of your Eye once

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or

or twice, first shaking the Glass; 'twill hold good seven Years. If you make it in Winter let it stand four Hours by the Fire shogging it. This is a very good Water.

4. *A Receipt for the Rickets.*

Take Rosemary, Bay-leaves, Camomel, Tops of Lavender, two kinds of Hay-hoes, sowed Thime, sowed Hyssop, of each of these one Handful, shred them all, and beat them in a Mortar, then boil them in a pound of sweet fresh Butter one Hour, then strain it out, and with this anoint the Child Mornings and Evenings, a quarter of an Hour together, down the Sides, and Knees, to the Feet.

5. *To make a Water good for a Surfeit, or to carry Wind or any thing off, that offends the Stomach.*

Take Hirapicra one Dram, Myrrh one Dram, Scutchenele one Dram, all beaten very fine to Powder, and put it in a Quart of the best Anniseed-water you can get, stop it close, and set it in the Sun, and shake it often about that the Powders may melt, if you make it in the Winter, set it by the Fire and shake it, and drink three Spoonfuls at a time.

6. *To*

6. To make Lozenges for a Cold.

Take half a Pint of Colts-foot water, so much Hyfop-water, Liquorish three Ounces, scrape it, and slit it thin into the Water, and let it stand all Night, then set it on a soft Fire; let it boil softly, till half be consumed, then strain it, and put in two Ounces of brown Sugar-candy, and an Ounce of white Sugar-candy, and boil it to a Sugar: you must keep it stirring all the while, and when it is boiled pour it out on a Plate, and spread it as thin as you please, and then you may put it into what shape you please, there must be no more Fire under it, than will just make it boil, for if the Fire be too hot, it will turn to a glew.

7. To Still Rose-water.

Wet your Roses moist in fair Water, four Gallons of Roses will take up near two Gallons of Water, then still them and take the same Still'd Water and put it to as many fresh Roses as it will Wet, and then Still them again.

8. *A Receipt to cure a Consumption.*

Take a Peck of Turnips, slice them, and lay them in Rows, and between every Row, the Powder of Cummin, the Powder of Anniseeds, the Powder of Carraway, the Powder of Coriander, the Powder of the Root of Elicampane, the Powder of Betony, of each of these two Ounces, Four penny-worth of the Powder of Saffron, put these in an Earthen Pot or Pan, Bake them in an Oven, and remember before you set it in the Oven, to put in by the side of the Pot, one Pint of Hyssop water, being well Baked, strain them, and boil the Juice with one Pint of White-Wine, putting thereto one Ounce of *Manus Christie*, three or four Ounces of the Powder of Liquorish, one Pound of Red Sugar-candy, strain it again and put it into a Pot or Glass, and drink thereof every Morning and Evening, or at any other time.

9. *An approved Medicine against the Plague.*

Take three Pints of Muscadine, Red Sage and Rue, of each a Handful, boil them till one Pint be consumed, then strain it and set it over the Fire again, then put thereto a pennyworth of long Pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs all
beaten

beaten together, then let it boil a little, and put thereto two pennyworth of Treacle, four pennyworth of Methridate, and a quarter of a Pint of the best Angelica-water you can get.

Keep this as your Life, above all other worldly Treasure; take of it always warm both Morning and Evening, a Spoonful or two if you be already infected, and Sweat thereupon; if not infected, a Spoonful a day is sufficient, half a Spoonful in the Morning and as much at Night, under God trust to this for there never was Man, Woman or Child that ever this deceived.

This is not only good against the common Plague called the Sicknefs, but also for the Small-pox, Meazels, Surfeits, and divers other Diseases.

10. For an Ague.

Take Bay-leaves, Red Sage, Wall-flower-leaves, (the Single if you can get them) of each a Handful, boil all these in a Quart of strong Ale, till it come to a Pint, take half the Pint, and put into it nine Spoonfuls of Anniseed-water, if it be for a Man; if for a Woman seven Spoonfuls, if for a Child three Spoonfuls, take this a little before the Fit comes.

11. *A Receipt of a Pomatum, which is to be made in March, when Marsh-mallows first appear.*

Take the Kidney-fat of Mutton, pick it clean from Strings or Skin: then beat it well, and work it up into thin Cakes in your Hand, so put them into a Pan of Spring-water: next Morning beat them again, and work them up, and put them in a fresh Water, and so do Morning and Night, for Nine days together; then having ready some new gathered Roots of Marsh-mallows, being Washed, Scraped and Picked, take half the weight of the Suet, and beat them very well, then take a new Earthen-pot, well Nealed, and lay in a little of the Suet, and then the Roots, and then the Suet again: so cover the Pot, (not being full by a good deal) with a Cloth tied on, and an Earthen or Pewter cover upon that, and tye down fast: so setting it into Water with Hay, let it boil about six Hours, then strajn it out through a thin Canviss hard, into white Earth or Silver, having a little Rose-water in the Bottom, that when it is cold it may slip out: when you use it scrape a little off thin with a Bone Knife, and work it soft in the Palm of your Hand, and so with your Finger rub it over your Face; and in the Morning rub it gently off with a piece of Scarlet,

12. *A Receipt for the Spleen.*

Take Saraparilla sliced two Ounces, of the Roots of Succory, Fearn, Polipody and March, of each one Handful sliced, Sassafras sliced one Ounce, of the Bark of Capers and Tamaris, bruised, of each one Ounce, Juniper-berries, Bay-berries, bruised, of each half an Ounce, of the Leaves of Tamaris, Cetrach, Maiden-hair, Harts-tongue of each one handfull, Ashen-keys bruised one Handful; infuse all these in three Pints of Water, and three Pints of White-wine, in a Pipkin close covered, on warm Embers six Hours, and then boil it on a gentle Fire until half be consumed, strain it out and sweeten it with Sugar, and put it in a Glass close covered, drink of this a quarter of a Pint every Morning, and as much at Four in the Afternoon.

N. B. Cetrach is Spleenwort, March is Smallage.

1. To make Spinage Tarts.

BOil a Quart of Milk, with a little Nutmeg, and a Stick of Cinnamon, then let it cool and beat six Eggs, but three Whites, and stir them in the Milk, and sweeten it to your Taste, put in a little Rose-water, and the juice of Spinage to make it look Green, then grate two Naple-Biskets and stir them in, and thicken it over the Fire a little, you must strain your Milk before you thicken it, then harden your Custard before you fill them, then fill them and bake them.

2. To make Mince Pyes.

Take a pound and a half of Tongue, or any other Meate you please, to make your Pyes on, Par-boyl it, and peel three pound of Beef-suet, Chop them very small, and put in three Pound of Currants, wash and pick one Pound of Raisins stoned and chopt fine, half an Ounce of Nutmeg, half an Ounce of Mace, half an Ounce of Cinnamon beaten, and eight Pippins shred, two Limons squeezed in, and the Peel of one
shred

shred small; half a pint of Sack, a quarter of a Pint of Rose-water, a quarter of a Pint of White-wine or Verjuice, a Pound and a quarter of Sugar, half an Ounce of Orange, and half an Ounce of Limon-peel Candied, half an Ounce of Citron, cut in little pieces; put these altogether with a little Salt, then fill your Pyes pretty full, and Bake them in a quick Oven.

3. To make Fumbals.

Take two Pound of fine Flour, and a Pound of fresh Butter, rub it in the Flour with a Pound of Sugar, put in four Eggs, but two Whites, four Spoonfuls of Rose-water, make it up well together, and Rowl it out to what fashion you please, you may make Shrewsbury Cakes of the same Stuff, only leave out the Seeds.

4. Sett Cuffards.

Let the Flour be Fine, boil your Water, then make your Paste very stiff and roll it out, and set them by your Patterns, fastning it with the Whites of Eggs; then prick the Bottoms with a Pin, and wash them with the White of an Egg, harden them in an Oven, before you fill them, and to every quart of Milk take six Eggs, but three Whites; boil Nutmeg

meg and whole Cinnamon, and let it be Cold, then put in your Eggs, and sweeten it to your Taste, fill your Custards, and Bake them in a quick Oven.

5. *A Warden-Pye.*

Pare them, and bake them in an Earthen-pot, with Brown Bread, make your Pye with a quartern of Flour, and one Pound of Butter; make it Deep, and turn it into six Corners, then set the Wardens with the Tops upwards, with a few Cloves, Mace, Cinnamon, and Sugar, with some of the Syrup they are Baked in, then Close the Pye, and Bake it; when you draw it out of the Oven, and cut up the Lidd, fill it up with a Custard, and set it into the Oven to harden: when it goes to the Table, cover it with a Lidd made of Puff-paste, stick it full of Sweat-meats.

6. *A Pottatoe Pye.*

Boyl them, Peel them, Skin them, and Season them with a little Salt, beaten Cinnamon and Nutmeg, lay them into the Pye, with Yolks of Eggs boiled hard, strow Marrow, with sliced Orange and Limon-peel Candied and good store of Butter; cut the Eggs in halves, and Marrow dipt in Yolks,
Candied

Candied Barberries, Sugar and Butter, so close the Pye and bake it; then put in a Caudle of White-wine, Eggs and Sugar.

7. *To Pot a Hare.*

Take a Hare, skin it, and cut it in good big pieces, and take out the Bones, season the Hare, with Pepper, Salt and Nutmeg, Cloves and Mace, put it in a Pot with Butter and bake it; when it comes from the Oven, put it into a Cullender to drain; then pull it into small bits with your Hands before they be Cold; and knead them into Pots, and cover them with clarified Butter half an Inch thick, Boil some fat Bacon in Slices, and lay it between when you knead in the Hare; that will make it Eat moist.

8. *To make Westphalia-Ham, of a Leg of Pork.*

Take a Leg of Pork, and a quarter of a Pound of Roch-peter, beat it and put to it half a Pound of brown Peter, mix them together, rub it all over the Bacon, and rub in half a Pound of brown Sugar, then cover it with a quart of Bay Salt, and the like quantity of White Salt; when you have laid it in the Plate, after it hath lain a Week turn it every other day, it must lye three Weeks, then

then take it out and dry it with a Cloth, then dry it in a Stove or Chimney, you must Boil it in Pump-water and Hay.

9. *To make Force-meat Balls.*

Take Veal, and cut it with a Knife, then take as much Suet, season it with Pepper, Salt, and Nutmeg, beat it first in a Mortar very fine; shred Thyme, Savory, and sweet Marjoram, a little of each, then put in an Egg and a little Flour, and make it into Balls, some long and some round, stew them, or fry them, then strew them about the Meat, either Scotch Collops or Hashes.

10. *A Hash of Cold Meat, another way.*

Take Gravy and Oyster-liquor, Anchovies and a Nutmeg, boil it up, then strow in your Meat, and give it a warm or two, then put in half a pound of Butter, and half a Pint of White-wine, and send it to the Table, garnish the Dish with a Limon.

11. *To Soufe Eels.*

Flea your Eels down the Back and take out the Bones, shred good store of Sweet Marjoram, Parsley and Savory, season them with Pepper, Salt and Nutmeg, then strew the

the Herbs in the sides of the Eels, and Roll them up like a Collar of Bacon, put them in a Cloth, and boil them tender with Water, Salt and Vinegar; when it is boiled tender, with Spice in the pickle, then take them out, and when it is cold, put in your Eels, again and keep them in it for use.

12. *To Boil a Fowl of Salmon.*

Take a Bundle of Sweet Herbs, a piece of Limon-peel, a little whole Mace, Pepper and Nutmeg, and an Onion Stuck with Cloves, take some Water, a Pint of Vinegar, and some Salt, set it on the Fire with the Herbs and Spices, and boil it well together a good while, then boil your Fish in it, not near a quarter of an Hour: then take it up and set it to drain; for Sauce, strong Broth and Limon-peel, with two Anchovies, boil it together, and run it through a Sieve, put in half a Pint of Claret, a pound of Butter, thicken it over the Fire, then lay your Fish in the Dish, and pour your Sauce upon it, Garnish your Dish with Limon-peel.

13. *To Pickle Mushrooms.*

Take Mushrooms and pick them well, and Steep them in Water, then take ordinary Vinegar or Alligar, as much as you think

think will cover them well, and to every Quart of Vinegar put an Ounce of whole Ginger white and scraped, of Jamaica-Pepper half an Ounce, of White Pepper a quarter of an Ounce, as much Salt as will lye upon half a Crown; put all these on the Fire in a Tinn thing, not in Iron, let them boil well together for a quarter of an Hour, put it boiling Hot on the Mushrooms, let them stand till cold, then keep them for use covered only with a bit of Board, boil their Pickle once a Month, you may put Bay-leaves in if you please.

14. *To make a Cream Cheese.*

Take four Quarts of Milk, and two Quarts of Cream, give the Cream a boil, and so put it to the Milk, then put the Runnet to it, half a Spoonful is enough if good, but generally they put in a Spoonful; so let it stand, till it is very well come, about a quarter of an Hour or rather less, then take the Curd as whole out as you can from the Whey, and put it in a Napkin, laid over a Sieve, let it stand so two Hours, and then put it into the Fat, and set fourteen Pound weight on it, turning it every three Hours the first Day, then take it out of the Fat next Morning, strewing a little Salt, and rubbing it over the Cheese, keep it in a fresh
wet

wet Cloth wrung hard Night and Morning, then put it into Nettles, (but Sycamore-Leaves well wiped are better) for 10 Days, covered and shifted every Day in the Morning, then it will be fit to Eat, and after that it must be kept in Ash-boughs.

15. *To make Harts-born Jelly.*

Take half a pound of Harts-horn, and an Ounce of Ivory, put it into a Pan, and when you have put in two Quarts of Water, measure with a Stick how deep the Water is, make a nick on the Stick, then put in three Quarts of Water more, and cover the Pan with a Plate tyed in a Cloth, and boil it on a quick Fire, till it be boiled down to the nick in the Stick, then strain it well thro' a Flannel bag; if you boil it over Night, it will be Jellied next Morning, then put it into a clean Pan or Silver Bason, and when it is melted, or just warm, put to it half a Pint of White, or half a Pint of Rhenish, and twelve Ounces of double refined Sugar; beat the Whites of four or five Eggs; you must beat the Sugar and the Eggs together; then mix them with the Jelly, and set them on a quick Fire, put a little Civil Orange-peel to it, and let it boil 'till it cast up a thick Scum and look clear under; then put in half a Pint of Limon-juice, warm the juice and strain it through a thin Cloth, then take it

it off the Fire and strain it, Scum and all, through a Flannel Bag; let it run without pressing the Bag, then put the Bag with the Scum into another Flannel Bag, and when the Jelly is almost cold, put it into the Bag upon the Scum, for that makes it the Clearer, and what drops off at first, put it in again till you find it drops very clear, then hang the Bags where they may have the Warmness of the Fire, and let them drop into the Glasses you design to serve it up in; you may boil a Sprig of Rosemary in it if you like it.

A Chadern-Pye.

Boil your Chadern, then mince it small, season it with a little Cloves, Mace, and Nutmeg, a little Pepper and Salt; put in some Verjuice and Currans, a little Sugar, and grated Bread, mix all well together, put in a little Limon-peel shred small, then fill your Pye.

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